# ROASTED VEGETABLE DIP

## INGREDIENTS:

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|---|---|
| DICED RED BELL PEPPER | 2 CUPS |
| SLICED ZUCCHINI | 2 CUPS |
| DICED YELLOW ONION | 2 CUPS |
| OLIVE OIL | 1 TABLESPOONS |
| SALT | ½ TEASPOON |
| PEPPER | ¼ TEASPOON |
| NEUFCHATEL CHEESE | 8 OUNCES |

## METHOD:

- Preheat oven to 425 degrees.
- Cut pepper, onions, and zucchini into 1 inch pieces.
- Mix olive oil, salt and pepper. Toss vegetables in oil mixture.
- Place out on greased sheet pan.
- Bake in oven for 25-30 minutes or until tender, uncovered, stirring occasionally.
- Remove from oven and cool to room temperature.
- Place cream cheese and vegetables in the food processor.
- Cover and pulse until blended and smooth.
- Chill until serving. Serve with raw vegetables or crackers

**Servings:** 16
**Serving Size:** ¼ cup
**Calories:** 60
**Fat:** 4 gm **Sodium:** 115 mg **Carbohydrates:** 4 gm **Protein:** 2 gm **Fiber:** 1 gm