



## Quick Low Carb Recipe: Jalapeno Popper Dip

*from LowCarbKaye.com*

Here's a great hot dip recipe for potlucks and finger-food parties. This stuff is great on pretty much everything (veggies, meat, etc.).

### Ingredients:

- 8 oz. cream cheese, softened
- 1/4 cup mayonnaise
- 6 to 8 small- to medium-sized jalapenos, seeded, membrane removed, finely chopped (to taste\*)
- 1/2 cup cooked chopped bacon/bacon bits (more or less to taste)
- 1 cup grated sharp cheddar

### Tools and Utensils:

- Medium bowl
- Mixing spoon/spatula
- 8 x 8-inch (or equivalent volume) baking dish
- Knife, cutting board
- Measuring cups

### Instructions:

Preheat oven to 400°F.

In a medium bowl, whip together cream cheese and mayo until well combined. Stir in jalapenos, bacon, and cheddar. Spread evenly in baking dish. Bake 20 minutes, or until bubbly and top starts turning golden brown. Let sit/cool about 5 to 10 minutes before serving. Serve warm.

\*Cooking will mellow the heat of the jalapenos slightly, so it may not be quite as spicy coming out as it is going in. For Christmas, if you want to add red in with it but can't find red jalapenos, you can always add red bell pepper.

