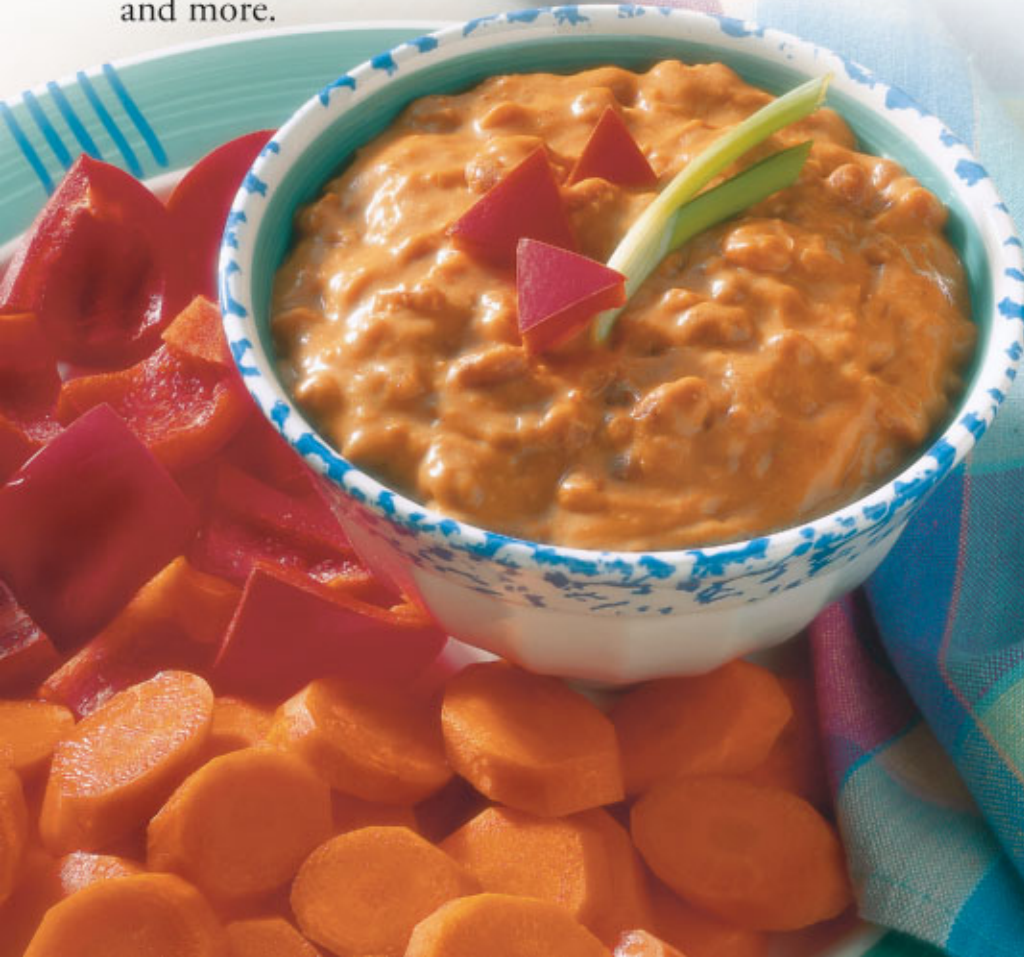


On Track With

Sure, chips and dips or other high-carb foods are convenient, but they're not your only snack choice. Today there are literally dozens of fresh convenience foods on the market: shredded ready-to-use carrots, lettuce and cabbage, reduced-fat cheese and more.



SNACKS

MAKING SNACKS FROM SCRATCH
DOESN'T HAVE TO BE A CHORE

Cheesy Barbecued Bean Dip



- ½ cup canned vegetarian baked beans
- 3 tablespoons pasteurized process cheese spread
- 2 tablespoons regular or hickory smoke barbecue sauce
- 2 large carrots, cut into diagonal slices
- 1 medium red or green bell pepper, cut into chunks

1. Place beans in small microwavable bowl; mash slightly with fork. Stir in process cheese spread and barbecue sauce. Cover with vented plastic wrap.
2. Microwave at HIGH 1 minute; stir. Microwave 30 seconds or until hot. Garnish with green onion and bell pepper cutouts, if desired. Serve with carrot slices and bell pepper chunks.

Makes 4 servings

DIETARY EXCHANGES:

1 Starch, ½ Fat

NUTRIENTS PER SERVING:

Cal.:..... 93	Cal. from Fat: ...25 %
Total Fat... 3 g	Sat. Fat:1 g
Carb.:..... 15 g	Protein:.....4 g
Chol.:..... 10 mg	Sodium:..... 355 mg
Fiber: 4 g	