

Ingredients:

1 1/2 cups cauliflower florets
1/2 cup low-fat sour cream
1 Tablespoon low-fat mayonnaise
1 teaspoon hot red pepper sauce
1/2 cup salsa
1/4 cup low-fat shredded Cheddar cheese,
1 1/2 cups corn, cooked



Directions:

1. Wash hands with soap and warm water. Wash fresh vegetables before preparing.
2. Cook the cauliflower florets by steaming them over boiling water for 5 minutes until tender.
3. Drain cauliflower and set aside.
4. Combine sour cream, mayonnaise, hot red pepper sauce, salsa, and low fat cheddar cheese in a large saucepan and cook over medium heat until bubbly, stirring constantly.
5. Add the cooked cauliflower and corn.
6. Toss well and serve.

Nutrition Facts (Per Serving)

calories, 102; carbohydrate, 14 g; protein, 5 g; total fat, 3 g; saturated fat, 1 g; trans fat, 0 g; cholesterol, 8 mg; fiber, 1 g; total sugars, 5 g; sodium, 168 mg; calcium, 65 mg; folate, 16 mcg; iron, 0 mg; percent calories from fat, 26%.

Makes 6 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.