



RECIPE FOR

Roasted Red Pepper & Herb Dip

- 1 med Red Pepper
- 1 pk. Low Fat Cream Cheese
- 1/3 cup Skim Milk
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 1 garlic clove
- 1 Cup Parsley - fresh.
- 1/4 C Chives
- 1 tsp fresh Thyme

Roast Pepper - til Black -

Surround in Foil 15 min
cool -

Mix in Blender. -

Over



Horse Radish Tarragon Sauces

2/3 Cup Mayo

1/2 Cup Sour Cream

2-3 Tps Tarragon leaves

2 TBS. Horse Radish.

1 TBS Dijon mustard