

Cranberry Cream Cheese Dip

Serves 8

Ingredients

6 ounces fresh cranberries
1/4 cup sugar
1/2 cup water
1 jalapeño (optional)
1/8 teaspoon salt
8-ounce block cream cheese
3 green onions, sliced
1 box crackers (for serving)
1 apple (for serving)



Instructions

1. Rinse the cranberries then add them to a small sauce pot with the sugar, water, and salt.
2. If using a jalapeño, remove the stem, slice it lengthwise, scrape out the seeds (or leave some in if you like it extra spicy), then finely dice the pepper. Add the diced pepper to the sauce pot.
3. Stir the pot to combine, place a lid on top, and place it over medium-high heat. Allow the pot to come to a boil. Once it reaches a boil, give it a good stir, turn the heat down to medium-low, and let it simmer without a lid for 5 minutes.
4. After simmering for 5 minutes, the cranberries should have all burst open and created a thick sauce. Turn the heat off and transfer the sauce to the refrigerator to cool.
5. Place the cream cheese on a small plate or in a shallow bowl. Use the back of a spoon to create an indentation along the center of the block of cream cheese.
6. Pour the cooled cranberry sauce over the cream cheese, then top with sliced green onion. Serve with crackers and apple slices.

Nutrition information per serving (1 cup)

Calories: 155, Total Fat: 10g, Sodium: 138 mg, Carbohydrate 11g, Fiber: 4g, Sugar: 12g, Protein: 2g

Source: <https://www.budgetbytes.com/cranberry-cream-cheese-dip/>
