

KKA Product: Cabot 50% Reduced Fat Sharp Cheddar Cheese

Dillon & Kiki's Cheese Meltdown

by Healthy Recipe Mom, Karen

PANS/EQUIPMENT: Fondue pot or double boiler

PREP TIME: 10 minutes

COOK TIME: 5 minutes

NUMBER OF SERVINGS: 4

8 ounces 50% Reduced-Fat Cabot Sharp Cheddar Cheese
Grate by hand or in a food processor

Fresh Garlic Clove
Cut in half and rub on bottom of pan

1 tsp flour & dash of sea salt
Sprinkle on grated cheese

3/4 cup of white wine
Heat in fondue pot until small bubbles form. Sprinkle in cheese mixture in handfuls until melted.

Fresh veggies and whole wheat pretzels
Cut into small pieces and dip away!

OPTIONS: We used brocolli, cucumber, sugar snap peas, carrots, whole wheat pretzels, heirloom tomatoes, and home-made garlic croutons. Try spelt pretzels!

FAMILY COMMENTS: "Delish and fun for the entire family!"

RECIPE SOURCE: My own recipe

5+ COLORS: Yellow, white, green, red, orange (depends on the veggies you serve!)

FOOD CIRCLES: Dairy, vegetables, grains

