



**Kid Kritics Approved 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 (or more depending on ages of children)

**8 ounces 50% Reduced-Fat Cabot Sharp Cheddar Cheese**

**1 teaspoon flour**

**Dash of sea salt**

Grate cheese by hand or in a food processor. Sprinkle flour and salt on cheese.

**1 fresh garlic clove**

Cut in half and rub on bottom of fondue pot.

**3/4 cup of white wine**

Heat in fondue pot until small bubbles form. Add cheese mixture in handfuls, stirring, until melted.

**Assorted fresh veggies**

**Whole grain pretzels**

Cut into small pieces and dip away!

**OPTIONS:** Try spelt pretzels! The alcohol in the wine cooks off making it safe for children. "We used broccoli, cucumber, sugar snap peas, carrots, whole wheat pretzels, heirloom tomatoes, and home-made garlic croutons."

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

**RECIPE SOURCE:** Karen's recipe

**5+ FOOD COLORS:** Yellow, white, green, red, orange - depends on the veggies you serve!

**4 FOOD GROUPS:** Dairy, vegetables, grains, fruit (tomatoes)