

Pimiento Cheese Canapés

Yield:

14 appetizer servings (serving size: 1 tablespoon cheese mixture and 1 bread slice)

Ingredients:

2 tablespoons block-style fat-free cream cheese, softened
1/4 cup reduced-fat mayonnaise
1/4 teaspoon finely grated onion
1/8 teaspoon Worcestershire sauce
1/8 teaspoon salt
Dash of ground red pepper
1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese
1 tablespoon chopped pecans, toasted
1/2 (2-ounce) jar diced pimiento, undrained
1/8 teaspoon smoked paprika (optional)
14 (1/4-ounce) slices party-style pumpernickel bread

Preparation:

Place cream cheese in a medium bowl; beat with a mixer at medium speed until smooth. Stir in mayonnaise, onion, Worcestershire, salt, and pepper. Add cheddar cheese, pecans, and pimiento; stir well. Cover and chill up to 3 hours. Sprinkle with paprika, if desired. Serve with bread.

Nutrition Information:

CALORIES: 57 (46 % from fat)
FAT: 2.9 g (sat: 1.9 g, mono: 0.3 g, poly: 0.2 g)
CARBOHYDRATE: 4.5 g
FIBER: 0.6 g
CALCIUM: 67 mg
CHOLESTEROL: 6 mg
IRON: 0.3 mg
PROTEIN: 3 g
SODIUM: 187 mg