

# Happy Melts

Serving Size: 2 Topped Crackers

Serves: 18

## **Ingredients:**

1 large tomato, chopped (about 1 cup)  
1 small onion, chopped (about ½ cup)  
2 tablespoons chopped fresh cilantro  
1 tablespoon finely chopped seeded jalapeño (optional)  
1 tablespoon lime juice  
¼ cup 2% reduced fat, Mexican style four cheeses, shredded  
36 Triscuit Crackers

## **Directions:**

1. Combine tomatoes, onions, cilantro, peppers and lime juice; cover. Refrigerate at least 1 hour.
2. Top each cracker with 2 teaspoons of the tomato mixture; sprinkle with 1 teaspoon cheese. Place six of the topped crackers on microwaveable plate.
3. Microwave on high 15 seconds or until cheese begins to melt. Repeat with the remaining topped crackers.

## **Exchanges per serving:**

½ Starch

## **Nutrients per serving:**

Calories: 50

Calories from fat: 27%

Total Fat: 1.5g

Cholesterol: trace

Sodium: 60mg

Total Carbohydrate: 8g

Dietary Fiber: 1g

Protein: 1g