

# Ideal® Cranberry and Caramelized Onion Cheese Spread — Servings: 24

## Ingredients

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|--|---------------------------------------|
| 1 8oz package fat-free cream cheese, softened        | 1 c fresh or frozen whole cranberries |
| 4 oz crumbled blue cheese, room temperature          | ¼ c Ideal® No Calorie Sweetener       |
| 1 c finely shredded cheddar cheese, room temperature | ¼ c water                             |
| 2 tsp vegetable oil                                  | 1 TBS balsamic vinegar                |
| 1 med sweet onion, diced ½"                          | ¼ c coarsely chopped walnuts, toasted |
| 2 tsp Ideal® No Calorie Sweetener                    |                                       |



## Directions

1. Combine cream cheese and blue cheese in a medium bowl and beat until smooth and creamy; add cheddar cheese and blend well
2. Spread in shallow serving dish; cover and refrigerate for at least an hr to blend all flavors
3. Heat oil in large nonstick skillet over medium-high heat; add onions and cook until tender, or 2-4 min
4. Reduce heat to med low and stir in 2 tsp of Ideal®; cook 10-12 min or until onion is soft and golden, stirring occasionally; remove onion from skillet and set aside
5. In same skillet combine cranberries, ¼ c Ideal® and water; cook over med heat until cranberries pop and mixture thickens, or about 5 min, stirring occasionally
6. Stir in vinegar and onions; cool slightly
7. To serve, bring cheese mixture up to room temperature or you can warm in oven slightly; spoon cranberry mixture over cheese spread and sprinkle with walnuts

**Tip:** Serve with assorted crackers as a festive treat.

Per Serving: 70 Calories; 4 g Protein; 4 g Total Fat; 3 g Carbohydrates; 0 g Fiber; 2 g Sugar; 160 mg Sodium; 10 mg Cholesterol