

**Name:**

Zoie and Zada Penick

Recipe Title:

Southwest Hot Chicken Dip

Recipe Ingredients

8 oz cream cheese, low fat is ok
16 oz sour cream, light is ok
6 Tbsp unsalted butter
1 cup parmesan cheese, shredded
1 1/2 cups 6 oz mild cheddar, shredded
12 oz can chunk chicken breast, drained or 1 1/2 cups cooked shredded chicken
4 oz can diced jalapenos, the hot variety, drained
15 oz can black beans rinsed and drained
15 oz can yellow corn, or 1 1/2 cups freshly cooked corn kernels, drained
2 garlic cloves, pressed

To Serve and Optional Garnish:

Tortilla chips or crackers to serve mild cheddar, shredded for topping
1 roma tomato, diced
1 avocado, diced

Recipe Instructions

1. In a medium pot over medium heat, combine 8oz cream cheese, 16 oz tub sour cream and 6 Tbsp unsalted butter and melt together, whisking until blended.
2. Stir in 1 cup parmesan and 1 1/2 cups of cheddar cheese and mix until cheese is melted. It should start to bubble.
3. Stir in Chicken, jalapenos, black beans, yellow corn and 2 cloves of pressed garlic. Bring to a light boil and remove from heat. Garnish if desired and serve warm or hot.