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Close

## Tomato and Basil Chevre Spread

**Prep Time:** 15 mins

**Rest Time:** 2 h 10 mins

**Total Time:** 15 mins

### Ingredients

1/3 cup(s) tomato(es), sun-dried  
boiling water  
4 ounce(s) cheese, goat, soft  
4 ounce(s) cream cheese, reduced-fat  
1/4 cup(s) basil, fresh  
3 clove(s) garlic, minced  
1/8 teaspoon pepper, black ground  
1 tablespoon milk, fat-free  
miniature toasts

### Preparation

1. In a small bowl, cover dried tomatoes with boiling water; let stand for 10 minutes. Drain tomatoes, discarding liquid. Finely snip tomatoes.
2. In a medium bowl, stir together snipped tomatoes, goat cheese, cream cheese, basil, garlic, and pepper. Stir in enough of the milk to make mixture of spreading consistency. Cover and chill for at least 2 hours or up to 4 hours. Serve with miniature toasts and/or crackers.



### Quick Info:

**1** Servings



Contains Dairy



Vegetarian



Diabetes-Friendly

### Nutritional Info (Per serving):

Calories: 66, Saturated Fat: 3g, Sodium: 125mg, Dietary Fiber: 0g, Total Fat: 5g, Carbs: 2g, Sugars: 1g, Cholesterol: 14mg, Protein: 4g

Recipe Source:

**diabetic**  
LIVING

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