

# Love Dip

*Adapted from the Homesick Texan weblog*

*Houston Chronicle*

*Internet Address: <http://homesicktexan.blogspot.com/2007/02/looking-for-love-dip.html>*



*Easy, easy, easy.*

4 ounces cream cheese, softened

5 ounces soft goat cheese, softened

1/4 cup salsa (or add a handful of fresh vegetables to make salsa: tomatoes, green onions, green chile, cilantro)

1/8 teaspoon cayenne pepper

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1 teaspoon minced garlic

1/4 teaspoon tarragon, or 2 leaves fresh tarragon

1/4 teaspoon salt

1/4 cup chopped cilantro

2 teaspoons lime juice, or lemon juice or both

1/2 avocado, peeled, diced (optional)

## Appetizers

Carolyn T's Blog - Tasting Spoons:

<http://tastingspoons.com>

## **Servings: 8**

*I reduced the amount of cayenne in this recipe - original called for 1 tsp. You can taste it and add more if you want it to have more zip.*

1. Throw all the ingredients except lime or lemon juice in a blender and puree until smooth.
2. Add lemon juice to taste. Goes well with crackers, bread, tortilla chips, vegetables, chicken and fish.

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Per Serving (excluding unknown items): 121 Calories; 11g Fat (77.3% calories from fat); 5g Protein; 2g Carbohydrate; trace Dietary Fiber; 24mg Cholesterol; 211mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.