

## Swiss and Cheddar Fondue

This cheesy fondue pairs well with a variety of dippers! Serve this hearty fondue as an appetizer or a main dish.

Serving Size: 1/2 cup

Makes: 10 Servings

### Ingredients:

3 Tablespoons butter

2 Tablespoons cornstarch

1-teaspoon salt

2 cups lowfat milk

½-teaspoon Worcestershire sauce

2 cups shredded cheddar cheese (I usually use mild or medium)

2 cups shredded Swiss cheese

Dippers for fondue (ham, pea pods, crackers, crusty bread, carrot chips)

### Directions:

1. Melt the butter over low heat and then add the cornstarch, stirring until well combined.
2. Mix the salt in well and then add the milk. Stir continually over medium-low heat until boiling. Continue to stir and boil the mixture for one minute. Add Worcestershire sauce.
3. Turn the heat down and add the cheddar and Swiss cheese.
4. Mix just until the cheese melts and transfer into large serving dish or fondue pot and serve with your favorite dippers.

Nutrition Information (per serving of fondue)

Calories: 241; Fat: 19g; Protein: 14g; Calcium: 36%DV