

CREAMY SPINACH DIP

Yield: About 20 Servings (2 oz. per serving)



TOTAL TIME: 20 minutes

INGREDIENTS

- 2 Tbsp. olive oil
- 4 cloves garlic, chopped
- ½ medium onion, chopped
- 2 cups frozen spinach, thawed and drained
- 2 Tbsp. reduced fat mayonnaise
- ½ cup low-fat sour cream
- 8 oz. ⅓ less fat cream cheese or Neufchatel
- ½ cup part skim mozzarella, shredded
- 2 Tbsp grated parmesan cheese
- 1 cup chopped tomato

PREPARATION

1. In a shallow pan, heat oil over medium heat. Add the garlic and onion and cook until soft.
2. Add drained spinach to the pan and heat, breaking up any clumps of spinach.
3. Add the mayonnaise, sour cream, and cream cheese. When hot, add mozzarella and parmesan cheese.
4. Transfer to serving dish and top with diced tomato. Serve with crackers, toasts, fresh vegetables or other favorite dipper.

NUTRITION

Per serving: Calories: 80; Fat: 6 g (3 g saturated fat); Cholesterol: 15 mg; Carbohydrates: 35 g; Protein: 4 g; Fiber: <1 g; Sodium: 130 mg.