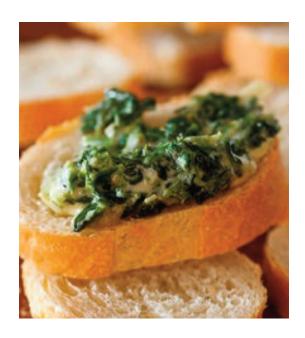
CREAMY SPINACH DIP



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. 1/3 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.