

Creamy Spinach Dip

Ingredients:

1	Package (8oz/250g) fresh spinach
2	Green onions, sliced
1	Clove garlic, finely chopped
½ cup	Crumbled light feta cheese (2oz/60g)
2 tbsp	Chopped fresh dill
1 tsp	Chopped lemon zest
¼ tsp	freshly ground pepper
1 cup	Nonfat sour cream
¼ cup	Light mayonnaise

Directions:

1. Rinse spinach in cold water and drain. Place spinach, with moisture clinging to leaves, in a large saucepan. Cook over high heat, stirring, until just wilted. Transfer spinach to a colander and rinse with cold water until chilled. Squeeze out moisture by hand, then wrap in a clean, dry towel and squeeze out excess moisture.
2. In food processor, combine spinach, green onions, garlic, feta, dill, lemon zest and pepper. Process until very finely chopped. Add sour cream and mayonnaise; pulse just until combined.
3. Transfer to a serving bowl, cover and refrigerate for 2 hours, until chilled, before serving.

Nutrition Tip:

Serve this refreshing dip with a variety of vegetable dippers, such as carrots, bell pepper strips, cucumber, celery, broccoli, fennel and cauliflower. Use as a dressing for pasta and potato salads or as a spread for sandwiches and wraps. The dip can be stored in an airtight container in the refrigerator for up to 5 days.

Calories: 67	Fiber: 1 g	Fat: 3 g	Cholesterol: 5 mg
Carbohydrate: 7 g	Protein: 3 g	Saturated fat: 1 g	Sodium: 187 mg