



Low-fat Spinach Dip

3 Servings



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Ingredients:

- 6 oz. fresh spinach
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1/4 c. green onion, chopped
- 1 tsp. lemon juice
- 1 c. plain non-fat Greek yogurt

Directions:

1. Wash hands with soap and water.
2. Rinse and prepare produce. Gently rub spinach and green onion under cold running water.
3. Put fresh spinach in a skillet and sauté until wilted. Let cool.
4. Cut spinach into small pieces so it will distribute evenly throughout the dip.
5. Combine chili powder, garlic powder, green onion, lemon juice, yogurt and spinach.
6. Place in a serving dish; cover and refrigerate until ready to serve.
7. Serve with fresh vegetables or whole wheat crackers.
8. Store leftovers in a sealed container in the refrigerator.

Optional: Non-fat or low-fat sour cream can be substituted for Greek yogurt.

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