



RECIPE:

Low-fat Spinach Dip

Number of Servings: 3

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.

Recipe Credit: Adapted from USDA Mixing Bowl

Nutrition Info:

Nutrition Facts	
3 servings per container	
Serving size	1/3 cup
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 149mg	10%
Iron 2mg	10%
Potassium 477mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.