

Low-fat Spinach Dip

3 servings



Ingredients

- 6 ounces fresh spinach, gently rubbed under cold running water
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ¼ cup green onion, gently rubbed under cold running water, chopped
- 1 teaspoon lemon juice
- 1 cup plain non-fat Greek yogurt*

Nutrition Information: Serving Size (⅓ cup): Calories 70, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 5mg, Sodium 100mg, Total Carbohydrates 7g, Fiber 2g, Total Sugars 3g, includes 0g Added Sugars, Protein 10g, Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 10%

Instructions

1. Wash hands with soap and water.
2. Rinse and prepare produce.
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 for up to four days.

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

Recipe Source: Adapted from MyPlate Kitchen.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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