

Appetizer

Creamy Spinach Dip II

Woman's Day Magazine

Servings: 24

Preparation Time: 5 minutes

Start to Finish Time: 5 minutes

You can refrigerate the dip for up to one day.

1 pkg (5 oz) baby spinach (about 6 cups)

2 scallions, cut into 1-inch pieces

1 cup lowfat cottage cheese

Kosher salt and pepper

In a food processor, pulse the spinach, scallions, cottage cheese, and 1/4 teaspoon each salt and pepper until smooth but still thick.

Yield: 2 cups

Per Serving (excluding unknown items): 7 Calories; trace Fat (12.5% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; trace Cholesterol; 38mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable.