

Spinach Dip You'll Love

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Servings: 8

- 1 Knorr vegetable mix**
- 1 container (16 oz) nonfat Greek yogurt**
- 1 cup low-fat mayonnaise**
- 1 pound plum tomatoes**
- 1/4 cup red onion, diced**
- 1 package (10 oz) frozen chopped spinach, thawed and squeezed dry**
- 1/3 cup green onions, thinly sliced**

In a bowl, blend the vegetable mix, yogurt and mayonnaise until smooth.

Seed and dice the tomatoes.

Gently fold the tomatoes, onion, spinach and green onions into the yogurt mixture.

Cover and chill for 2 hours.

Serve with warmed pita bread cut into wedges, sliced cucumbers, bell peppers, Greek olives and pepperoncini peppers.

Per Serving (excluding unknown items): 107 Calories; 8g Fat (66.6% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 189mg Sodium. Exchanges: 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.