

BEYOND HUNGER

Creamy Spinach Dip

Most spinach dips are loaded with calories, saturated fat and sodium. This version cuts down on all three by using reduced fat cream cheese and cottage cheese, yogurt to lighten up the texture and plenty of spinach to add fiber and extra nutrition. Plus, it tastes great! Serve this with whole grain crackers or on a vegetable tray.

Yields: 2 ½ cups; 6 servings

Serving Size: ¼ cup

Ingredients:

- 1 small **shallot**, peeled
- 1 (5 ounce) can **water chestnuts**, drained and rinsed
- ½ cup **reduced-fat cream cheese**
- ½ cup **low-fat cottage cheese** (no salt added or low sodium preferred)
- ¼ **low-fat plain Greek yogurt**
- 1 Tbsp **lemon juice**
- ½ tsp **kosher salt**
- 10 ounces **frozen, chopped spinach**, thawed and squeezed dry
- 2 Tbsp chopped **fresh chives**
- **Black pepper** to taste

Instructions:

1. Pulse shallot and water chestnuts in a food processor until coarsely chopped. Alternatively, add to a blender. Add cream cheese, cottage cheese, yogurt, lemon juice, salt and pepper and pulse until just combined. Add spinach and chives and pulse until incorporated.
2. Make ahead tip: Cover and refrigerate for up to 3 days. Stir before serving.

Chef's note: Add 1 small can of artichokes, drained and chopped to the mixture with the spinach. Instead of chives, 2 Tbsp finely chopped green onions can be substituted.

Per Serving: Calories 84kcal, Carbohydrates 8.4g, Protein 5.7g, Saturated Fat 2g, Sodium 217mg, Fiber 2.2g, Sugars 3.2g

Recipe adapted from Eating Well magazine <https://www.eatingwell.com/recipe/252156/creamy-spinach-dip/>