

Farmer's Market 2004



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ESNY



Splendid Spinach Dip

Makes 24 Servings, about 3 cups

- 2 cups plain nonfat or lowfat yogurt**
- 1 package (10 oz) frozen chopped spinach, thawed and squeezed dry**
- 1/3 cup finely chopped fresh onion**
- 2 tablespoons reduced-calorie mayonnaise**
- 1 package (1.4 oz) instant vegetable soup mix**
- Assorted fresh vegetable dippers**



- 1. In a medium bowl, combine yogurt, spinach, onion, mayonnaise and vegetable soup mix; mix well.**
- 2. Serve immediately or cover and chill up to 3 hours. Serve with vegetable dippers.**

**Nutrients per Serving (about 2 tablespoons dip):
10 calories, Cholesterol: Trace, Fat: 0 g, Sodium: 32 mg.**

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