

Hot Spinach Dip

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*1 package (10 ounce)
frozen chopped spinach,
thawed and well drained
1 package (8 ounce) cream
cheese
1/2 cup milk
2 tablespoons butter
2 teaspoons instant chicken
bouillon
1/8 teaspoon ground
nutmeg
1 tablespoon fresh lemon
juice*

In a medium saucepan, combine the cheese, milk, butter, bouillon and nutmeg. Cook and stir over low heat until thickened and smooth.

Stir in the spinach and heat through.

Remove from the heat. Stir in the lemon juice.

Serve hot with Wheat Thins or Triscuits.

Per Serving (excluding unknown items): 1202 Calories; 109g Fat (78.7% calories from fat); 35g Protein; 32g Carbohydrate; 14g Dietary Fiber; 333mg Cholesterol; 1316mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 20 Fat.