

Low-Fat Spinach Dip

*Chef Alyssa - Aldi Test Kitchen
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*1 cup frozen peas
9 ounces fresh spinach
2 cups plain nonfat yogurt
1/4 cup light sour cream
1/2 envelope onion soup
mix
salt (to taste)
ground black pepper (to
taste)*

Boil a pot of water.

Add the peas. Cook for 3 minutes or until tender. Drain. Place the peas in a bowl.

Chop the spinach and add to the boiling water. Stir and push down the spinach for 3 minutes.

Strain the spinach and rinse in cool water.

Dry the cooked spinach by squeezing all of the water out.

Add the spinach to the peas in the bowl.

Mix in the yogurt, light sour cream and the soup mix. Season with salt and pepper.

Refrigerate for one hour.

Serve with fresh veggies, pita chips or pita crackers.

Per Serving (excluding unknown items): 498 Calories; 4g Fat (7.7% calories from fat); 44g Protein; 76g Carbohydrate; 16g Dietary Fiber; 14mg Cholesterol; 2471mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 2 1/2 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.