

Spinach Dip Georgia

Carol Lyons - Lawrenceville, GA

Treasure Classics - National LP Gas Association - 1985

Yield: 3 to 4 cups

*1 package (10 ounce)
frozen spinach
1/2 pint sour cream
1 cup mayonnaise
1 package Hidden Valley
original dressing mix
chopped onion (to taste)*

Preparation Time: 15 minutes

Thaw and drain the spinach. Squeeze very dry.

In a bowl, mix the spinach, sour cream, mayonnaise, dressing mix and onion. Mix well.

Serve with chips or crackers.

Per Serving (excluding unknown items): 2107 Calories; 236g Fat (94.6% calories from fat); 14g Protein; 16g Carbohydrate; 5g Dietary Fiber; 179mg Cholesterol; 1488mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Non-Fat Milk; 25 1/2 Fat.