

Appetizer

Spinach Dip II

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- 1 package (10 oz) frozen spinach, thawed**
- 2 cups low-fat sour cream**
- 1 cup low-fat mayonnaise**
- 1 cup plain Greek yogurt**
- 1 package (1.4 oz) Knorr's Vegetable Soup and Dip Mix**
- 1/4 cup fresh chives, chopped**
- 1/2 cup fresh dill, chopped**
- 1/2 teaspoon salt**

Squeeze the thawed frozen spinach with a paper towel until dry.

In a large bowl, combine the spinach, sour cream, mayonnaise, yogurt, dip mix, chives, dill and salt. Stir and blend well.

Cover and chill until served.

Per Serving (excluding unknown items): 1257 Calories; 88g Fat (64.0% calories from fat); 31g Protein; 80g Carbohydrate; 5g Dietary Fiber; 177mg Cholesterol; 2861mg Sodium. Exchanges: 1 1/2 Vegetable; 18 Fat; 5 Other Carbohydrates.