

# Spinach Dip for Fresh Veggies Arizona

Beva Hoover - Phoenix, AZ

Treasure Classics - National LP Gas Association - 1985

**Yield: 3 to 4 cups**

*1 package (10 ounce)  
frozen chopped spinach,  
thawed and squeezed out  
1 cup sour cream  
1 cup mayonnaise  
2 tablespoons lemon juice  
1 onion, grated  
1/2 cup dried parsley  
2 tablespoons dill  
2 teaspoons beaumonde*

**Preparation Time: 15 minutes**

Three hours before serving, place all of the ingredients into a bowl. Mix well.

Place in the refrigerator to chill.

Best served with raw vegetables.

---

Per Serving (excluding unknown items): 2273 Calories; 237g Fat (87.4% calories from fat); 28g Protein; 49g Carbohydrate; 20g Dietary Fiber; 179mg Cholesterol; 1773mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 6 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 25 1/2 Fat.