

Appetizer

Spinach Dip

Birdseye Foods

1 box (10 oz) Chopped spinach, cooked according to package directions, drained, cooled and squeezed dry

1 cup mayonnaise

1/2 cup sour cream

2 cloves fresh garlic, minced

3/4 cup shredded Parmesan cheese

Preheat oven to 350 degrees.

Stir spinach, mayonnaise, sour cream, garlic and 1/2 cup Parmesan cheese together in a large bowl. Season with freshly ground black pepper.

Pour mixture into an oven-safe baking dish coated with cooking spray.

Bake in oven for 20 minutes. Sprinkle with remaining 1/4 cup Parmesan cheese. Return to oven and bake until cheese melts, about 2 to 3 minutes.

Serving Ideas: Sprinkle with diced tomato and sliced green onions. Pair with cubed french bread or tortilla chips.

Per Serving (excluding unknown items): 1841 Calories; 203g Fat (93.6% calories from fat); 26g Protein; 5g Carbohydrate; 1g Dietary Fiber; 120mg Cholesterol; 2293mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 17 Fat.