

# Springtime Spinach Dip

Martha Burgielwicz

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1 cup mayonnaise  
1 cup plain yogurt  
1 package (10 ounce)  
frozen chopped spinach,  
cooked and drained  
1/2 cup chopped green  
onions or scallions  
1/2 cup chopped fresh  
parsley  
1/2 teaspoon salt  
1/2 teaspoon pepper*

In a bowl, combine the mayonnaise, yogurt, spinach, green onion, parsley, salt and pepper. Mix well.

Chill for several hours or overnight. (Best if chilled in a metal bowl.)

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Per Serving (excluding unknown items): 1850 Calories; 197g Fat (88.5% calories from fat); 25g Protein; 32g Carbohydrate; 15g Dietary Fiber; 108mg Cholesterol; 2784mg Sodium. Exchanges: 0 Grain(Starch); 4 Vegetable; 1 Non-Fat Milk; 17 1/2 Fat; 1/2 Other Carbohydrates.