

Creamy Spinach Feta Dip

Serves 6

\$1.74 Per Serving

Ingredients

- 10.5 oz. frozen, chopped, packaged spinach
- 1/2 cup fat-free yogurt
- 1/2 cup fat-free sour cream
- 1/2 cup feta cheese, crumbled
- 1 tsp. garlic, minced, from jar
- 2 tsp. dried parsley or dill
- 1/2 tsp. black pepper
- 6 whole-wheat pitas, quartered



Directions

1. Cook spinach according to package directions and drain in colander (press with fork to drain completely).
2. Combine all ingredients in a bowl and mix well. Refrigerate for 1 hour and serve with pita slices.

Nutrition Information (Per Serving): 6 Servings

<u>Dip Only</u>	<u>Plus 1 Pita</u>	<u>Total</u>
70 calories	150 calories	220 calories
2 g fat	1 g fat	3 g fat
7 g carbohydrate	30 g carbohydrate	37 g carbohydrate
4 g protein	6 g protein	10 g protein

<u>Dip Only</u>	<u>Plus HALF of 1 Pita</u>	<u>Total</u>
70 calories	75 calories	145 calories
2 g fat	1 g fat	3 g fat
7 g carbohydrate	15 g carbohydrate	22 g carbohydrate
4 g protein	3 g protein	7 g protein

Recipe From:

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Creamy-Spinach-Feta-Dip_UCM_465522_RecipeDetail.jsp