

Healthy Spinach Dip

Ingredients:

- 2 10-ounce packages chopped spinach, frozen
- 1/2 large onion, finely chopped
- 2 garlic cloves, minced
- 1 small garlic clove, grated
- 2 tablespoons avocado or extra virgin olive oil
- 2 cups Greek non-plain yogurt
- 1/4 cup mayo
- 1 teaspoon kosher salt
- 1/8 teaspoon ground black pepper

Directions

1. Place spinach in a colander and defrost for at least 8 hours or overnight.
2. Preheat ceramic non-stick skillet on medium heat and swirl oil to coat.
3. Add onion, 2 minced garlic cloves and carrot; saute for 7 minutes or until translucent, stirring occasionally.
4. Transfer to a bowl with spinach along with yogurt, mayo, salt, and pepper. Stir well to mix and add grated garlic to taste. Serve with multi-grain crackers.
5. Store: Refrigerate in an airtight container for up to 2-3 days. Stir again before serving.

Nutrition Facts

Serving Size (70g)
Servings Per Container 15

Amount Per Serving

Calories 40 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 4g

Vitamin A 25% • Vitamin C 2%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

