

Spinach Dip

Makes
16 servings

Prep time
20 minutes

Cook time
25 minutes

Ingredients:

- 1 10 oz. pkg. frozen spinach, thawed & squeezed
- 2 oz. low-fat cream cheese
- 1 cup fat-free plain yogurt
- ½ cup light mayonnaise
- 1 packet Ranch Dry Dip Mix
- ¼ cup green onions, sliced
- ½ cup red bell pepper, diced
- ½ cup low- or non-fat shredded mozzarella cheese
- ¼ cup shredded or grated parmesan cheese

Nutrition Facts

16 servings per container
Serving size 2 Tablespoon (54g)

Amount per serving	
Calories	60
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 0mg	0%
Potassium 128mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Preheat oven to 350F.
2. In a mixing bowl, combine cream cheese, yogurt, mayonnaise and ranch dip mix. Mix until all ingredients are incorporated well.
3. Add green onions, red bell pepper, spinach, mozzarella cheese, and parmesan cheese. Fold mixture until all ingredients are combined.
4. Spread mixture evenly into a 2-quart casserole dish. Bake uncovered for 25-30 minutes, or until hot and bubbly.
5. Serve warm. Refrigerate any leftovers. Reheat before serving again.

Serve: Slice up fresh vegetables, such as carrots, bell peppers, or cucumbers, or serve with whole grain corn tortilla chips.

