

SPINACH DIP



ingredients:

- 1 cup fat-free plain Greek yogurt
- 3/4 cup reduced-fat mayonnaise
- 10-ounce package frozen chopped spinach, thawed
- 8-ounce can water chestnuts, drained and coarsely chopped
- 1/2 cup chopped green onion
- 1 Tablespoon fresh lemon juice
- 1 clove garlic, minced
- 2 teaspoons salt-free seasoning blend such as Mrs. Dash Onion & Herb
- 1/4 teaspoon salt

directions:

1. In a large bowl, combine the yogurt, mayonnaise, spinach, water chestnuts, onion, lemon juice, garlic, salt-free seasoning and salt.
2. Refrigerate overnight to allow flavors to blend.

Yield: 16 servings
(3 Tbsp per serving)

Nutrition Information Per Serving:

54 Calories
4 grams Fat
1 gram Saturated Fat
4 mg Cholesterol
139 mg Sodium
3 grams Carbohydrates
0 grams Fiber
2 grams Protein

Food exchanges:
1/2 vegetable, 1 fat



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