

SUPERSWAP SPINACH DIP

Spinach dip is a popular appetizer often prepared with mayonaise, cream, cheese and sour cream. We use Greek yogurt as a delicious healthy swap instead.

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 6 cups (6 ounces) baby spinach leaves, finely chopped
- 1 garlic clove, minced (about 1/2 teaspoon)
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 cup plain 2% Greek yogurt
- 1/4 cup grated Parmesan cheese

DIRECTIONS

1. In a 10-inch skillet, heat the oil over medium heat.
2. Add the spinach, garlic, crushed red pepper, salt & black pepper. Cook 3 mins.
3. Put yogurt in medium bowl. Stir in spinach mixture & cheese.
4. Chill in the fridge for at least 15 minutes before serving.
5. Store leftovers in airtight container in refrigerator < 3 days.

Serve with sliced french bread, whole grain crackers, sliced bell peppers, or your choice!

TIPS

Add a few chopped canned artichokes or water chestnuts, or both, to the recipe.

Sandwich: This dip also makes a great veggie sandwich spread.

Kale lovers: Swap out the spinach for the same amount of kale.

