

Low-fat Spinach Dip

3 servings

Snacking can be an important part of a healthy diet. Plan and choose snacks that are full of good things our bodies need instead of snacks that are full of extra calories, sugar, and fat.

- 6 ounces fresh spinach, gently rubbed under cold running water
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ¼ cup green onion, gently rubbed under cold running water, chopped
- 1 teaspoon lemon juice
- 1 cup plain non-fat Greek yogurt

1. Wash hands with soap and water.
2. Rinse and prepare produce.
3. Put fresh spinach in a skillet and sauté until wilted. Let cool.
4. Cut spinach into small pieces so it will distribute evenly throughout the dip.
5. Combine chili powder, garlic powder, green onion, lemon juice, yogurt and spinach.
6. Place in a serving dish; cover and refrigerate until ready to serve.
7. Serve with fresh vegetables or whole wheat crackers.
8. Store leftovers in a sealed container in the refrigerator for up to four days.



Notes:

Non-fat or low-fat sour cream can be substituted for Greek yogurt.

Nutrition Information per Serving (1/3 cup): Calories 70 Total Fat 0.5g Saturated Fat 0g Cholesterol 5mg Sodium 100mg Total Carbohydrates 7g Fiber 2g Total Sugars 3g, includes 0g Added Sugars Protein 10g Vitamin D 0% Calcium 10% Iron 10% Potassium 10%.

Source:

Adapted from MyPlate Kitchen