

Spinach – Parmesan Dip
JoAnn Shelby

1 tsp olive oil
3 garlic cloves, chopped
¼ tsp salt
1 (10 oz) pkg fresh spinach
½ cup basil leaves, loosely packed
1/3 cup (3 oz) 1/3 less fat cream cheese softened
1/8 tsp black pepper
1/3 cup plain fat free yogurt
¼ cup (1 oz) grated fresh parmesan cheese or Asiago

- 1. Heat Olive oil in large skillet over medium-high heat. Add garlic, sauté 1 minute, add salt, spinach: sauté 3 minutes or until spinach wilts. Place mixture in colander, pressing until mixture is barely moist.**
- 2. Place spinach mixture, basil, cream cheese, and pepper in a food processor, process until smooth. Spoon spinach mixture into a medium bowl. Add yogurt and Parmesan, stir to combine. Chill**
- 3. Serve with crudités or hearty wheat crackers, wheat pita triangles.**

Yield 2 cups

¼ cup - 98/10/5/4/331

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