

## Curried Spinach Dip

In a small nonstick skillet over medium-high heat, combine the curry powder and cumin and stir for 30 to 45 seconds, just until fragrant. Transfer the spices to a small bowl. In a food processor or blender, combine the spinach, sour cream, yogurt, and garlic. Process the mixture until it is smooth. Blend in 1/3 of the curry mixture. Add more curry mixture to taste. Process until well blended. Season to taste with salt and pepper. Transfer the dip to a container with a cover. Cover and refrigerate for at least 1 hour and up to 24 hours to allow flavors to meld. Bring the dip to room temperature before serving.

- 2 t curry powder, or to taste
- 1 t ground cumin, or to taste
- 1 package (9 oz.) uncooked baby spinach, or 1 package (10 oz.) frozen chopped spinach, thawed, drained, and squeezed dry
- 3/4 C reduced fat sour cream
- 1/2 C plain nonfat yogurt
- 2 garlic cloves, finely minced salt and freshly ground black pepper (optional)

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Either fresh or frozen chopped spinach may be used in this exotic, indian-style dip that's a snap to make. However, fresh spinach will give the dip a lighter, brighter shade of green and a fresher taste. When it is ready to serve, surround the bowl containing the dip with a variety of cut-up vegetables for a colorful, festive, and healthful display. Pappadams, the thin crackers found in Indian markets, also go well with this dip, as do whole-grain crackers.

**Makes 16 servings (2 Tablespoons per serving)/per serving:**

Calories	26
Total Fat	1g
Saturated fat	less than 1g
Carbohydrates	2g
Protein	1g
Dietary Fiber	1g
Sodium	24mg

  
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