

Spinach and Feta Dip

In a food processor or blender, finely chop the spinach. Add the cheese and scallions. Process the mixture until well blended. Add the mayonnaise, horseradish, and lemon juice and process to blend until smooth. Add the dill and process for another 15 seconds. Season the dip to taste with salt and pepper. Although this dip keeps for 2 to 3 days in the refrigerator, it loses some of its zing after 24 hours. It is best served at room temperature to experience the full flavor.

4 C	stemmed fresh spinach, loosely packed
1/2 C	coarsely crumbled reduced fat feta cheese (about 2 oz.)
2	scallions, trimmed and chopped
1/4 C	fat-free mayonnaise
2 t	drained prepared white horseradish
1 t	freshly squeezed lemon juice
1/4 C	chopped fresh dill
	salt and freshly ground black pepper


a fare
OF THE HEART

Heart Healthy Recipe Because MHS s You

This super-easy dip requires no cooking, and the flavor is outstanding. The horseradish adds zip, but spinach is the star ingredient. This dark leafy green contains the phytochemical lutein, which helps protect the eyes and may help ward off skin and colon cancer. Low-fat crackers, whole wheat pita wedges, and fresh vegetables go well with this dip. Double the recipe if you're expecting a crowd.

Makes 8 servings (2 Tablespoons per serving)/ per serving:

Calories	28
Total Fat	1g
Saturated fat	less than 1g
Carbohydrates	2g
Protein	2g
Dietary Fiber	1g
Sodium	184mg


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