



CREAMY SPINACH DIP

Basic Lifestyle

INGREDIENTS

1 small shallot, peeled	1 TBS lemon juice
1 5-ounce can water chestnuts, rinsed	½ TSP salt
½ cup reduced-fat cream cheese	6 oz. baby spinach
½ cup low-fat cottage cheese	2 TBS chopped fresh chives
¼ cup nonfat plain yogurt	Freshly ground pepper, to taste

INSTRUCTIONS

- Pulse shallot and water chestnuts in a food processor until coarsely chopped.
- Add cream cheese, cottage cheese, yogurt, lemon juice, salt and pepper and pulse until just combined.
- Add spinach and chives and pulse until incorporated.

SERVING INFO: (Yields 10 servings):

1 serving = ¼ cup (4 TBS) = ½ V, ½ M