

Creamy Spinach-Feta Dip

Makes 6 servings; ¼ cup per serving
Per serving: 64 Calories; 1.5 g Saturated Fat; 207 mg Sodium

Ingredients



10 ounce package frozen, chopped spinach



½ cup fat-free plain yogurt



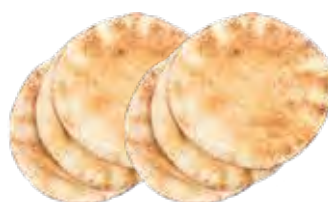
½ cup low-fat sour cream



1/3 cup chopped Fresh parsley or dill, OR 2 tablespoons dried parsley or dill



½ cup Fat-free feta cheese



6 whole-grain pitas



½ teaspoon black pepper



1 teaspoon minced garlic

Tools Needed



Measuring cups & spoons



Spoon



Paper towels



Cutting board



Knife



Food processor or blender

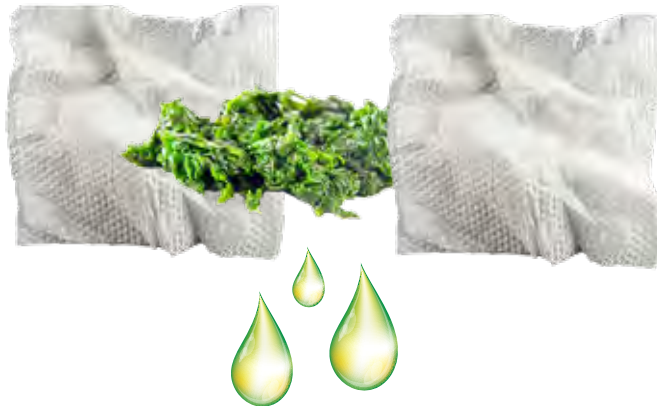


Plate

Directions

Thaw package of frozen spinach, and use a paper towel to squeeze the extra water out.

1



2

Using the cutting board and a knife, chop $\frac{1}{3}$ cup parsley or dill if you are using fresh.



3

Add spinach, $\frac{1}{2}$ cup yogurt, $\frac{1}{2}$ cup sour cream, $\frac{1}{2}$ cup feta cheese, 1 teaspoon garlic, $\frac{1}{3}$ cup parsley/dill, and $\frac{1}{2}$ teaspoon pepper to the food processor or blender.



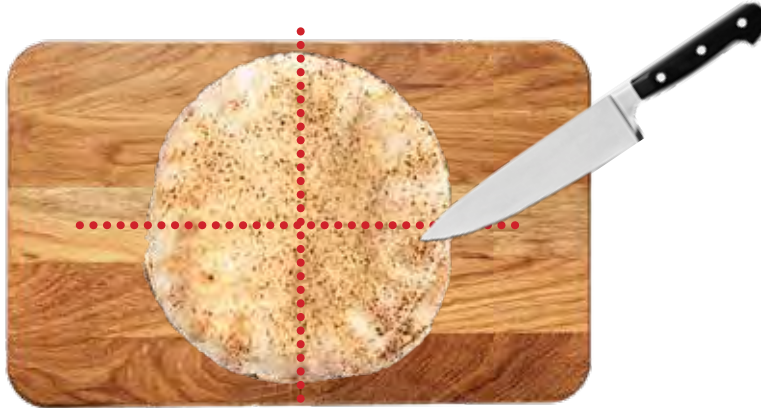
4

Make sure the lid is on the food processor, and blend for 10 seconds.



5

Cut the pitas into quarters.



6

Serve the dip with the pita slices



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