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Creamy Spinach Feta Dip

Makes 6 servings. Recipe from American Heart Association.

Ingredients

10.5 oz frozen, chopped, packaged **spinach**
1/2 cup fat-free **yogurt**
1/2 cup reduced-fat **sour cream**
1/2 cup fat-free **feta cheese** (crumbled)
1 tsp **garlic**, from jar)
1/3 cup fresh, chopped **parsley or dill**
OR
2 tsp dried **parsley or dill**
1/2 tsp **black pepper**
6 whole-wheat **pitas**
OPTIONAL **red pepper flakes**

Nutritional info per serving

Calories:	64
Total fat:	3g
Cholesterol:	8mg
Sodium:	207mg
Total Carbs:	6g
Dietary Fiber:	2g
Protein:	6g

Directions

1. Cook spinach according to package directions and drain in colander (press with fork to drain completely).
2. Combine all ingredients in a bowl and mix well. Refrigerate for 1 hour.
3. OPTIONAL: Top with red pepper flakes.
4. Warm pita slices, quarter them and serve.