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Creamy Spinach Feta Dip Shopping List

Makes 6 servings

- 10.5 oz frozen, chopped, packaged spinach
- Fat-free yogurt
- Reduced-fat sour cream
- Fat-free feta cheese
- Garlic, fresh
- Fresh or dried parsley
- Fresh or dry dill
- Black peppercorns
- 6 whole-wheat pitas
- Red pepper flakes (optional)