

APPETIZERS



Feta and Spinach Dip

POINTS® Value per serving: 1 = about 3 TBS per srvg

Servings: 8

Preparation Time: 12 min; Cooking Time: 1 min

Level of Difficulty: Easy

This creamy spinach-feta combo dresses up fresh vegetables or baked pita chips deliciously. Or use it as a tasty spread for sandwiches and wraps.

Ingredients

- 4 cup spinach, fresh, chopped (about 2 oz)
- 1/2 cup light cream cheese
- 1/2 cup fat-free sour cream
- 1/4 cup crumbled feta cheese
- 1/4 cup chives, fresh, minced, divided
- 2 tsp fresh lemon juice
- 1/4 tsp black pepper
- 1/4 tsp table salt (optional)

Instructions

Place spinach in a small saucepan with 2 cups of water. Bring to a boil over high heat and then cook for 1 minute; drain well. Place spinach, cream cheese, sour cream, feta cheese, 2 tablespoons of chives, lemon juice and pepper in a blender; puree. Taste dip and add salt if desired. Spoon dip into a serving bowl and sprinkle with remaining tablespoon of chives. Yields about 3 tablespoons of dip per serving.

Notes: For a nice flavor boost, substitute sorrel or watercress for half the spinach and follow the recipe directions above