

Eat Well Recipe

Spinach Dip

Ingredients:

- 1 (10-oz.) package frozen spinach, defrosted
- 1 cup low-fat mayonnaise
- 1 cup low-fat sour cream
- 1 (8-oz.) can water chestnuts
- 3 green onions
- 1 packet vegetable soup mix

Directions:

Drain and finely chop water chestnuts and spinach. In a medium bowl, combine the rest of the ingredients. Add water chestnuts and spinach, and then mix well. Refrigerate 3 hours before serving. Serve with wheat thins.

This recipe is provided by SHS Wellness Programs.

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