

# Spinach Dip

5 oz	fresh spinach, cooked
½ cup	plain yogurt
¾ cup	low fat ricotta cheese
2	garlic cloves, crushed
2	green onions, finely chopped
2 tbsp	fresh parsley, finely chopped
2 tbsp	parmesan cheese, grated
	freshly ground pepper

- Rinse spinach and cook until wilted; drain and squeeze out excess moisture.
- In food processor; combine spinach, yogurt, ricotta, garlic, green onions, parsley and parmesan cheese. Process until still chunky. Do not puree.
- Season with pepper to taste.
- Cover and refrigerate for 2 hours to blend flavors or for up to 1 day.

*"500 Best Healthy Recipes " by Lynn Roblin*