

# Lower-fat Spinach Dip



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*It's your health. Take a stand.*

*Using reduced fat sour cream and salad dressing substantially reduces the fat content of the traditional recipe. Using whole grain bread makes the traditional recipe packed with more fiber and nutrients!*

**Makes 10 Servings**

## What You Need

1 cup fat-free sour cream  
1 cup light mayonnaise or miracle whip  
1 package of Knorr vegetable soup mix  
1/2 a bag of fresh pre-washed spinach  
(or 1 package of frozen spinach) -  
chopped, cooked and drained

1 red onion-chopped into fine pieces  
1 can drained water chestnuts-chopped into  
fine pieces  
Fresh or dried parsley to taste  
Pumpernickel, multigrain, or whole wheat bread

## Per Serving

Calories 188  
Carbohydrates 26 g  
Protein 6 g  
Fat 7 g  
Dietary Fiber 4 g

## How You Prepare

Combine all of the above ingredients except the bread into a bowl.

Serve spinach dip with bite sized pieces of bread.