

# Low-Fat Spinach Dip

**Makes:** 3 Servings

Use low-sodium canned spinach to make a dip you can serve with vegetables, crackers, or breadsticks.

## Ingredients

**1/2 cup** plain low-fat yogurt

**1/2 cup** low-fat (1%) cottage cheese

**1 can** chopped spinach, well drained, or chop up other types of low-sodium canned spinach (13 ounces)

**1** green onion, sliced (or use 1/4 cup onion, chopped, instead)

**1 teaspoon** chili powder

**1 teaspoon** lemon juice

## Directions

1. Combine yogurt and cottage cheese; stir until smooth.
2. Stir in spinach, onion, chili powder, and lemon juice.
3. Place in serving dish; cover and refrigerate until ready to serve.
4. Serve with fresh vegetables, crackers, or breadsticks.