



CREAMY SPINACH DIP	Advanced Lifestyle
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Ingredients

- 1 small shallot, peeled
- 1 5-ounce can water chestnuts, rinsed
- ½ cup low-fat cream cheese (Neufchâtel)
- ½ low-fat cottage cheese
- 1/4 cup fat-free plain yogurt
- 1 TBS lemon juice
- ½ TSP salt
- Freshly ground pepper to taste
- 6 oz. baby spinach
- 2 TBS chopped fresh chives

Instructions

1. Pulse shallot and water chestnuts in a food processor until coarsely chopped. Add cream cheese, cottage cheese, yogurt, lemon juice, salt and pepper and pulse until just combined.
2. Add spinach and chives and pulse until incorporated.

Portion-Per-Serving Information (Yields 8 servings):

1 serving = 1/4 cup = 1 V, ½ M