

SPINACH DIP

1 10-oz pkg frozen spinach or broccoli, thawed
2 Tbsp red wine vinegar
1 Tbsp fresh mint, minced
1 cup low-fat sour cream
Fresh ground pepper to taste
1 garlic clove, minced

1. Drain the spinach and press out all the water until the spinach is very dry.
2. Combine all ingredients and refrigerate for 2 hours.
3. Serve inside a hollowed-out, round loaf of bread, and surround with bread pieces, whole wheat crackers, vegetables, or pita wedges.

Preparation time: 15 minutes

Serves: 12

Serving size: 2 Tbsp

Exchanges: 1 vegetable

Calories: 26

Total fat: 2 grams