

Spinach Dip

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 2-3 minutes

Standing Time: at least 1 hour

Makes 3 cups

CHints: This dip can be made 1-2 days ahead. It will keep in the refrigerator in an air tight covered container for one week.



10 ounce frozen spinach, thawed and squeezed dry
16 ounce reduced-fat sour cream
1/2 cup reduced fat mayonnaise
1 envelope onion soup mix
2 Tablespoons reduce fat milk
8 ounce can slice water chestnuts, drained and diced
Serve in a bread bowl with cubed bread pieces or
in a serving bowl with tortilla chips on the side

Open the frozen spinach and place it on a microwave safe bowl. Cover and microwave on high for 2 minutes. Stir the spinach and remove the cover so it can cool down enough to squeeze out the liquids. Set aside for a few minutes while you mix the other ingredients together.

Spoon the sour cream and mayonnaise into a medium size mixing bowl. Stir in the soup mix and water chestnuts. Squeeze the spinach dry and break it up into pieces before adding to the dip. Stir well and if the dip is too thick for you add a little of the milk and stir again. Spoon into a serving bowl and cover it. Refrigerate for at least 1 hour to allow the flavors to blend.

Bread Bowl: To make the bread bowl, purchase a round loaf of crusty bread. Slice off the top and hollow it out. Cut the bread that came from the hollowed out area and the top crust into bite-size pieces. Right before serving, place the bread bowl on a large serving platter. Stir the dip and add it to the bread bowl and scatter the bread cubes around the outside of the bread bowl. To keep the bread bowl from getting soggy put the dip in the bowl about 30 minutes before serving.

Chip & Dip: Stir the dip and place the bowl in the center of a serving platter. Scatter chips or crackers around the bowl and enjoy!