



Spinach Dip

Servings 6 | Prep time 10 mins. | Total time 35 mins.

Equipment: Large bowl, 8x8 square baking dish or pie plate

Utensils: Measuring spoons and cups

Ingredients

1 10-ounce package frozen chopped spinach, thawed, with water squeezed out

1 10-ounce can no salt added diced tomatoes with green chilis, undrained

3/4 cup shredded reduced fat Mexican-blend cheese

8 ounces reduced fat cream cheese, softened to room temperature

Cooking spray

Instructions

1. Before you begin, wash your hands, surfaces, utensils and tops cans.
2. Preheat oven to 400 degrees.
3. Combine spinach, tomatoes, cream cheese and shredded cheese in a large mixing bowl. Mix until smooth.
4. Spray a square baking dish or round pie plate with cooking spray and pour in spinach mixture.
5. Bake for 20-25 minutes until bubbly.

Nutritional Information:

Calories 140

Total Fat 0g

Sodium 260mg

Total Carbs 6g

Protein 8g