



# Spinach Dip

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

## Equipment:

Large bowl

8x8-inch squash baking dish or pie plate

## Utensils:

Mixing spoon

Measuring cups

## Ingredients

1 10 ounce frozen block of spinach, thawed and squeezed dry

1 10 ounce can no salt added diced tomatoes with green chilies with liquid

3/4 cup reduced fat Mexican-blend cheese, shredded

8 ounces reduced fat cream cheese, softened to room temperature

Non-stick spray

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and tops of 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 an 8x8-inch square baking dish or pie plate with non-stick spray. Pour the spinach mixture into the dish or plate.
5. Bake for 20-25 minutes until bubbly.

## Nutritional Information:

Calories 140 Total Fat 0g Sodium 260mg Total Carbs 6g Protein 8g