



Spinach Dip

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

Equipment:

Large bowl

8x8-inch square baking dish or pie plate

Utensils:

Measuring 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