

Scrumptious Spinach Dip

This dip is full of fresh vegetables and is a healthy alternative to the full-fat version.

- 1 package 1/3 Less Fat Cream Cheese (Neufchatel cheese)
- 1 Cup Fat Free Sour Cream
- 2 Tbs Ranch Dip Powder
- 2 Tbs Fresh Chives, chopped
- 1 ¾ Cup Freshly Steamed Spinach
- ½ Red Bell Pepper, finely chopped
- ½ Green Bell Pepper, finely chopped

- In a blender, combine the cream cheese and sour cream and puree until smooth. Mix in the ranch dip powder.
- Combine the chives, spinach, red and green bell pepper to the cream cheese mixture and stir well.
- Refrigerate for one hour or more.
- Serve with whole-grain crackers, cubes of whole wheat bread or fresh, local vegetables. Enjoy!

Yield: Approximately 3 cups

Number of Servings: 24

Serving Size: 2 Tablespoons

Nutritional Content in 2Tbl Dip with 1 Whole-grain cracker = 50 calories, 2g Fat, 1g Fiber, 48mg Sodium, 13% Vitamin A

www.cce.cornell.edu/monroe
585 461-1000



Scrumptious Spinach Dip

This dip is full of fresh vegetables and is a healthy alternative to the full-fat version.

- 1 package 1/3 Less Fat Cream Cheese (Neufchatel cheese)
- 1 Cup Fat Free Sour Cream
- 2 Tbs Ranch Dip Powder
- 2 Tbs Fresh Chives, chopped
- 1 ¾ Cup Freshly Steamed Spinach
- ½ Red Bell Pepper, finely chopped
- ½ Green Bell Pepper, finely chopped

- In a blender, combine the cream cheese and sour cream and puree until smooth. Mix in the ranch dip powder.
- Combine the chives, spinach, red and green bell pepper to the cream cheese mixture and stir well.
- Refrigerate for one hour or more.
- Serve with whole-grain crackers, cubes of whole wheat bread or fresh, local vegetables. Enjoy!

Yield: Approximately 3 cups

Number of Servings: 24

Serving Size: 2 Tablespoons

Nutritional Content in 2Tbl Dip with 1 Whole-grain cracker = 50 calories, 2g Fat, 1g Fiber, 48mg Sodium, 13% Vitamin A

www.cce.cornell.edu/monroe
585 461-1000



