

Spinach Dip



Totals for ½ cup serving (makes 7 servings):

Calories 80 Fat 2g Fiber 2g Carbs 14g

What you'll need:

- 2 14 Ounce cans cooked spinach
- 1 Cup fat free mayonnaise
- ¾ Cup chopped onion
- ½ Cup Reduced fat Parmesan cheese
- 1 tsp Cavender's Greek Seasoning

Mixing bowl

Baking dish that is oven safe and can serve as a serving dish

Let's get to cooking!

1. Preheat your oven to 350 degrees.
2. Drain both cans of spinach thoroughly and place spinach in mixing bowl.
3. Add all remaining ingredients and stir until mixed well.
4. Transfer dip to your baking dish and bake for 30 minutes.
5. Serve with your favorite low fat cracker or chip OR make my whole-wheat chips, pictured above. See "Whole Wheat Chips" recipe.

My love of dip and Popeye the Sailor Man inspired this **Kitty's Lighter Weigh** recipe.