

# CREAMY SPINACH FETA DIP

## INGREDIENTS

- 10.5 ounces frozen, chopped, packaged spinach
- ½ cup fat-free, plain yogurt
- ½ cup reduced-fat sour cream
- ½ cup fat-free feta cheese (crumbled)
- 1 teaspoon garlic (minced, from jar)
- ⅓ cup fresh, chopped parsley or dill OR 2 teaspoons dried parsley or dill
- ½ teaspoon black pepper
- 6 whole-wheat pitas (quartered)

## DIRECTIONS

1. Cook the spinach according to the package directions. Drain well, pressing down with a fork to remove as much liquid as possible.
2. In a medium bowl, stir together the spinach and all the remaining ingredients except the pita. Refrigerate for 1 hour. Serve with the pita.



*Recipe courtesy of American Heart Association*

### **Servings: 6**

**Nutrition Information:** Calories: 64; Total fat: 2.5g; Saturated fat: 1.5g; Cholesterol: 8mg; Sodium: 207mg; Total carbohydrate: 6g; Dietary fiber: 2g; Protein: 6g.