

recipes

all-in dip

pictured on page 216

Prep 15 minutes

Microwave about 1½ minutes

Makes about 3½ cups

- 1 package (10 ounces) frozen chopped spinach**
- 1 envelope dried vegetable recipe-and-soup mix**
- 8 ounces shredded sharp Cheddar cheese (2 cups)**
- 2 green onions, cut up**
- 1 cup light mayonnaise**
- 1 container (8 ounces) reduced-fat sour cream**
- 1 jar (4 ounces) sliced pimientos, drained**
- 1 tablespoon cider vinegar**
- Cut-up fresh vegetables such as carrots, celery, cauliflower, and red or yellow pepper**

1. Remove frozen spinach from package. In microwave-safe medium bowl; heat block of frozen spinach in

microwave oven on High 1 minute. Break up spinach with fork, then heat 30 to 45 seconds longer or just until spinach is mostly thawed but cool enough to handle. With hands, squeeze spinach to remove excess water. Pour off any liquid in bowl; return spinach to bowl.

2. From envelope of vegetable soup mix, measure 3 tablespoons dried soup mix, making sure to incorporate all soup-mix components if possible. Reserve remaining soup mix for use another day.

3. In food processor with knife blade attached, combine spinach, dried soup mix, Cheddar, green onions, mayonnaise, sour cream, pimientos, and vinegar; pulse just until mixture is almost smooth. If not serving dip right away, cover and refrigerate up to 3 days. Serve with vegetables.

>> Each ¼ cup: About 150 calories, 5 g protein, 4 g carbohydrate, 13 g total fat (6 g saturated), 1 g fiber, 29 mg cholesterol, 325 mg sodium.

Take it to go