

# Spinach Parmesan Dip

<b>Nutrition Facts:</b>	
Yield	8
Calories	120
Fat	3 g
Sodium	420 mg

<b>Code</b>
GF, Q, V

## **Ingredients Needed:**

1 tsp. olive oil  
3 garlic cloves, chopped  
¼ tsp. salt  
10 oz. fresh spinach  
½ cup basil leaves, loosely packed  
1/3 cup (3 oz.) low-fat cream cheese, softened  
Pinch black pepper  
1/3 cup plain fat-free yogurt  
¼ cup grated parmesan cheese



## **Recipe Directions:**

- Heat olive oil in a large skillet over medium heat. Add garlic; sauté 1 minute. Add salt and spinach; sauté 3 minutes or until spinach wilts. Place spinach mixture in a colander, pressing until mixture is barely moist.
- Place spinach mixture, basil, cream cheese, and pepper in a food processor; process until smooth. Spoon spinach mixture into a medium bowl.
- Add yogurt and parmesan; stir to combine. Chill.