

## Spinach and Greek Yogurt Dip

<b>Nutrition Facts:</b>	
Yield	4
Calories	225
Fat	6.8 g
Sodium	450 mg

<b>Code</b>
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### **Ingredients Needed:**

10 oz. frozen chopped spinach, cooked, cooled and squeezed dry  
16 oz. non-fat plain Greek yogurt  
1 cup light mayonnaise  
1 package vegetable recipe mix  
1 can water chestnuts, drained and chopped (optional)  
3 green onions, chopped (optional)

### **Recipe Directions:**

- Combine all ingredients in a medium sized bowl. Chill if desired.
- Serve with your favorite dippers.
- Enjoy!