



# SPINACH & FETA DIP

Here's a reduced calorie creamy dip to help make holiday gatherings a little lighter!

## INGREDIENTS

- 2 cups chopped fresh spinach
- ¾ cup crumbled feta
- ½ cup reduced-fat sour cream
- ½ cup fresh dill sprigs
- 2 ounces reduced-fat cream cheese
- 1 clove garlic, grated
- ½ teaspoon ground pepper

## DIRECTIONS

Place spinach, feta, sour cream, dill, cream cheese, garlic and pepper in a food processor; process until smooth.

## NUTRITION FACTS

Serving Size: 2 Tbsp | Total servings: 8  
Per Serving: 75 calories, total carbohydrate 2g, dietary fiber 0g, total sugars 1g, protein 3g, total fat 6g, saturated fat 4g, cholesterol 22mg



**Wisconsin Athletic Club**

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