

Spinach Dip

1 package frozen chopped spinach, thawed and drained
2 cups plain Greek yogurt
½ cup green onion, minced
Few squeezes of lemon juice
2 cloves garlic, peeled and minced
1 ½ teaspoon salt
1 teaspoon onion powder
½ teaspoon pepper
½ teaspoon dried herbs such as dill, Italian seasoning, parsley

Drain the spinach and squeeze out as much water as possible. Chop finely. Put in a mixing bowl.

Add remaining ingredients to the bowl and stir well.

Refrigerate to blend flavours if you have time.

Serve with assorted vegetables and bread.

Makes 10-12 servings

Variations:

For some crunch, add one of the following:

- 1 can drained and chopped water chestnuts
- 2 ribs celery, finely chopped
- 1 carrot, finely chopped

Add ½ cup grated cheese

Top with slivered almonds or other nuts

Tools:

colander or strainer

can opener

mixing bowl

cutting board

knives

mixing spoons or spatulas

measuring cups and spoons

serving bowl

serving spoon