Spinach Dip

Source: Get Healthy, Go Vegan by Neal Barnard, MD; recipe by Robyn Webb

This dip is as tasty as it is healthful! If you like, add canned artichokes to make spinach-artichoke dip. Serve it with crackers or pita bread.

About the Recipe

12 Calories · 1.6 g Protein · 0.4 g Fiber
Snack

Ingredients

Makes 24 Servings

- 1 small onion, quartered
- 4 cloves garlic
- 1 10-oz (283-g) package frozen chopped spinach, thawed
- 12 oz firm, low-fat silken tofu
- 1 tbsp (15 mL) lemon juice
- 1 tsp (5 mL) ground coriander
- 1 1/2 tsp (7.5 mL) iodized salt
- 1/4 tsp (1.2 mL) ground black pepper
- 1/8 tsp (0.6 mL) ground cayenne pepper

Directions

1. Preheat the oven to 350 F (177 C).
2. Wrap the onion and garlic in aluminum foil. Bake for 20 to 30 minutes, or until soft.
3. Place the spinach in a clean dish towel. Squeeze and twist the towel to press out as much water as possible from the spinach. Place the spinach, onions, and garlic in a food processor and process until well chopped. Add the remaining

ingredients and process until smooth.
4. Serve.

Nutrition Facts

Per 2 tbsp:

Calories: 10 kcal
Fat: <0.5 g
- **Saturated Fat:** 0 g
- **Calories From Fat:** 18%

Cholesterol: 0 mg
Protein: 1.3 g
Carbohydrates: 1 g
Sugar: <0.5 g
Fiber: <0.5 g
Sodium: 167 mg
Calcium: 19 mg
Iron: 0.3 mg
Vitamin C: 0.6 mg
Beta-Carotene: 566 mcg
Vitamin E: 0.3 mg