

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

- small onion, quartered (1)
- garlic cloves (4)
- frozen chopped spinach, thawed (1 (10-ounce) package)
- firm low-fat silken tofu (1 (12.3-ounce) package)
- freshly squeezed lemon juice (1 tbsp.)
- ground coriander (1 tsp.)
- kosher salt (1 1/2 tsp.)
- freshly ground black pepper (1/4 tsp.)
- cayenne pepper (pinch)

Directions

1. Gather ingredients. Preheat the oven to 350 F.
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 dish 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 two tablespoons

Calories: 12

Protein: 1.6 g

Carbohydrate: 1.3 g

Sugar: 0.3 g

Total Fat: 0.2 g

Calories from Fat: 17.6%

Fiber: 0.4 g

Sodium: 201 mg