



Rockin' Restaurant Spinach Dip



1/8th of recipe (3 heaping tbsp.): 72 calories, 1g total fat (<0.5g sat. fat), 310mg sodium, 9g carbs, 1g fiber, 4g sugars, 7g protein

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Prep: 10 minutes **Cook:** 40 minutes



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Ingredients

2 tbsp. minced shallots
1 tsp. minced garlic
1/4 cup plus 2 tbsp. fat-free mayonnaise
1/4 cup fat-free sour cream
2 tbsp. light plain soymilk (or fat-free milk)
4 oz. fat-free firm block-style cheese (any kind), shredded
One 10-oz. package frozen chopped spinach, thawed and squeezed dry
1/2 cup canned sliced water chestnuts, drained and chopped
3 tbsp. plus 1 tsp. reduced-fat Parmesan-style grated topping
Optional seasonings: salt and black pepper

Directions

Preheat oven to 325 degrees. Spray a loaf pan with nonstick spray.

Bring a medium nonstick pot to medium heat. Cook and stir shallots and garlic until slightly softened, 1 to 2 minutes.

Remove shallot-garlic mixture from the pot.

In a medium bowl, whisk mayo, sour cream, and soymilk until smooth. Transfer mixture to the pot. Bring to low heat. Cook and stir until hot, about 3 minutes.

Add shredded cheese to the pot, and cook and stir until melted, about 8 minutes. Add shallot-garlic mixture and all remaining ingredients. Thoroughly stir.

Transfer mixture to the loaf pan and bake until hot and bubbly, 20 to 25 minutes. Voilà!

MAKES 8 SERVINGS

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