



## A Recipe For You

# Fresh Spinach Dip



### Ingredients:

- 2 c. fresh spinach, chopped finely
- 1 bunch green onions, chopped
- 1 (8 oz.) can water chestnuts, sliced
- 1 pkg. vegetable soup mix
- 2 tbsp. mayonnaise
- 1 1/2 c. plain non-fat yogurt
- Shredded carrots

### Directions:

Combine all ingredients and chill in refrigerator for at least 3 hours before serving. Shredded carrots can be used for added color. Serve with raw vegetables or crackers.

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