

Creamy Spinach-Feta Dip

Makes 6 servings; ¼ cup per serving
Per serving: 64 Calories; 1.5 g Saturated Fat; 207 mg Sodium

Ingredients



10 ounce package
frozen, chopped
spinach



½ cup
fat-free
plain yogurt



½ cup
low-fat
sour cream



1/3 cup chopped
Fresh parsley or
dill, OR
2 tablespoons
dried parsley or
dill



½ cup Fat-free
feta cheese



6 whole-grain
pitas



½ teaspoon
black
pepper



1 teaspoon
minced
garlic

Tools Needed



Measuring
cups & spoons



Spoon



Paper
towels



Cutting board



Knife



Food processor
or blender



Plate

Directions

Thaw package of frozen spinach, and use a paper towel to squeeze the extra water out.

1



2

Using the cutting board and a knife, chop $\frac{1}{3}$ cup parsley or dill if you are using fresh.



3

Add spinach, $\frac{1}{2}$ cup yogurt, $\frac{1}{2}$ cup sour cream, $\frac{1}{2}$ cup feta cheese, 1 teaspoon garlic, $\frac{1}{3}$ cup parsley/dill, and $\frac{1}{2}$ teaspoon pepper to the food processor or blender.



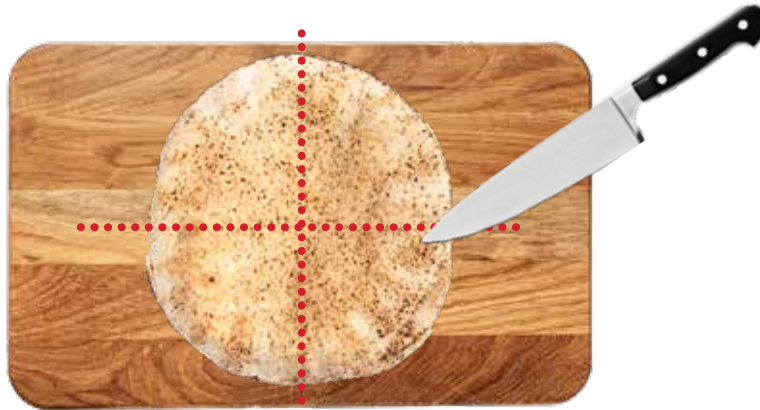
4

Make sure the lid is on the food processor, and blend for 10 seconds.



5

Cut the pitas into quarters.



6

Serve the dip with the pita slices



Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.

This publication was supported by the Grant or Cooperative Agreement Number, DD000010, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

©2021 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited. Healthy for Life® is a registered trademark of Aramark.