

THE DIETITIANS NETWORK OF NOVA SCOTIA

Nicole Osinga's Revamped Spinach Dip

Spinach dip is a common player at potlucks, restaurants, and bars. However, despite the illusion of healthy eating its name creates, it is often high in calories, fat, and sodium.

Recipe Name:	Nicole Osinga's Revamped Spinach Dip
Recipe By:	Nicole Osinga, RD <small>*Recipe, nutrition information, and photo from Nicole Osinga's January 4, 2016 article in the Toronto Star (available online). Used with permission.</small>
Short description of recipe:	Try this revamped version for an appetizer that tastes great and is dietitian approved!
Makes	6 servings
Ingredients:	2 cups plain, 2% Greek yogurt 3 tbsp reduced-fat mayonnaise 1 tbsp honey 1 cup finely chopped kale 1 cup finely chopped spinach 3 green onions, finely chopped 1/3 cup finely chopped red pepper 1/3 cup finely chopped carrot 2 garlic cloves, finely minced 1/2 tsp onion powder 1/2 tsp garlic powder
Instructions:	<ol style="list-style-type: none">1. Combine all ingredients in a medium bowl and mix well.2. Refrigerate several hours to let flavours meld.3. Serve with your favourite whole grain crackers or pita chips.

Cooking tip: Only have one type of leafy green on hand? Substitute more spinach for the kale if you're unable to make a trip to the store!

Nutrition information (per 1/6 the recipe): 133kcal, 7g fat, 9g protein, 9g carbohydrate, 1g fibre, 35mg sodium

Nicole Osinga is a Registered Dietitian from Durham, Ontario. She has her own private practice in addition to working in acute care, writing for the Toronto Star, and teaching at Durham College. Follow Osinga Nutrition Consulting on Facebook, Twitter, and Instagram for more great recipe ideas.