



Our soybean checkoff.
Effective. Efficient. Farmer-Driven.

Spinach Dip

1 pkg (10 oz.) frozen chopped spinach
1 pkg (1.4 oz.) dry vegetable soup mix
1 pkg (12 oz.) firm silken tofu
1 can (8 oz.) water chestnuts, chopped coarsely
2/3 cup green onions, chopped
1 cup reduced-fat or light sour cream
½ cup low-fat mayonnaise

Thaw the package of spinach and squeeze dry. Stir all ingredients together in a large bowl until blended. Cover; chill 2 hours. Stir before serving.

Yield: 4 cups. Per ¼ cup: 65 calories, 2 g fat (1 g sat fat), 4.5 mg cholesterol, 295 mg sodium, 8 g carbohydrate, 3 g protein (1.5 g soy protein), 0.8 g dietary fiber.