Spinach Dip

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Ingredients:

- 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
- 1/2 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 1/4 cup:
- Calories: .....................65
- Total fat: ....................2 g
- Saturated fat: .............1 g
- Cholesterol: ..........4.5 mg
- Sodium: ..............295 mg
- Carbohydrate: .............8 g
- Protein: .....................3 g
- Soy Protein: ............1.5 g
- Dietary Fiber: ..........0.8 g

Recipe Tip...
Use textured soy protein to replace all or part of the ground meat in almost any recipe.

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