

## Creamy Spinach Dip

**Prep Time:** 10 minutes

**Cook Time:** 7 minutes

**PANS/EQUIPMENT:** 1 skillet, medium, 1 bowl

**Number of Servings:** 4-6, depending on ages

**PREHEAT:** burner, medium heat

**4 oz. fresh spinach**

**1 Tbsp. onion, finely chopped**

**1 clove garlic, minced**

**1 tsp. olive oil**

Saute in pan until onions are transparent. Cool. Press out any remaining moisture (may be none left). Place mixture on small cutting board and chop spinach into little bits.

**1 cup cottage cheese, Cabot, KKA**

**1 cup milk, whole or rice**

Puree in blender. Scoop into bowl.

**1 small carrot, shredded**

**2 Tbsp. Parmesan cheese, grated**

**1/2 tsp. Italian seasoning (no salt)**

**1/4 tsp. sea salt**

**1/8 tsp. paprika**

Stir together with cottage cheese in a bowl. Add spinach mixture. Blend well with wire whisk or fork. Serve.

**OPTIONS:** Add chili powder! Replace Parmesan cheese with Romano cheese.

**SERVE WITH:** whole grain or rice crackers or pretzels, raw vegetables (bell peppers, carrots, celery, sugar snap peas, zucchini and/or cucumber sticks)

**5 God-made Food Colors:** green, white, golden, orange, red.

**4 Food Groups:** vegetables, EFAs (essential fatty acids), dairy, herbs/spices

### PERFORMANCE RATING: 5/4

Great party dip you can serve and enjoy without guilt. Each scoop contains needed protein for growing children and adults seeking strong bones and hearts. The combination of spinach, onions, garlic, carrots, herbs and spices covers a lot of healthy bases. We pureed the cottage cheese to make it more kid friendly, and, this is not necessary. Serve it with meals as a side dish to compliment an entree. Make a double amount for use over a couple of days, assuming it won't all disappear at one sitting! The Kid Critics loved it. We recommend offering with raw veggies and spelt pretzels.

For a dip, a 5/4 Performance Rating is strong. This means your family and friends are filling up with a variety of antioxidants and food groups. Don't be afraid to add chili powder to give it some spicy zip!

**\*KKA** means awarded the Kid Critics Approved Seal