



# Dinah's Kitchen

## Spinach Dip

- 2 cups Sour Cream
- 1 cup Mayonnaise
- 3/4 package Dry Leek soup mix
- 1 10 ounce package frozen chopped Spinach
- 1/2 cup chopped parsley
- 1/2 cup chopped green onions
- 1 teaspoon dill

Combine all ingredients in food processor.  
Refrigerate. Serve with assorted raw vegetables.

Healthy Option Substitutes:

- plain yogurt for Sour Cream
- 1/2 cup Goat Cheese for Mayonnaise