



Cold Spinach Dip

What You Need

1 Lb spinach

2 Cups sour cream

1 Cup Mayonnaise (I use Kraft olive oil mayo)

1 (1.4 oz) Package vegetable recipe mix (I use Knorr brand)

3 Green onions (tops and bottoms finely chopped)

Mixing bowl

Cheese cloth (or clean tea towel)

Before you start- Cook, cool and squeeze the spinach dry. Dry it by placing it in a piece of cheese cloth or a clean tea towel, wring it tightly over the sink so all of the water runs out.

Lets Make It!- Chop the spinach and add all of the ingredients together in a bowl, mix well to combine. Cover and let chill in the refrigerator for about 3 hours. Then serve with tortilla chips, crackers, pita bread, etc.

Serves 2-4



Hot Spinach Dip

What Your Need

1 Lb spinach

1 Cup Soft spread cream cheese (or cream cheese softened)

1 Cup medium cheddar cheese (grated)

1/2 Cup Mozerrela cheese (grated)

1/2 Cup Monteray Jack cheese (grated)

1 Cup sour cream

1 Tbsp white onion (grated)

2 Cloves garlic, (crushed)

1/4 tsp Salt

1/2 tsp black pepper

1/4 tsp Mrs. Dash spicy seasoning

Large microwave safe bowl

Before You Start Cook, cool and squeeze the spinach dry. Dry it by placing it in a piece of cheese cloth or a clean tea towel, wring it tightly over the sink so all of the water runs out. Preheat broiler

Lets Make It! Chop the spinach and add all of the ingredients together in a bowl, mix well to combine, microwave on high for 2 minutes stir and microwave another 2 minutes. then one more time, microwave another 2 minutes. Place under broiler until top is golden brown (1-2 minutes).

Serve hot with tortilla chips, crackers, pita bread, etc. Serves 2-4

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