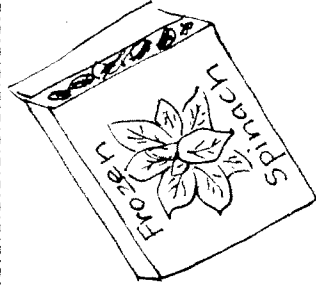
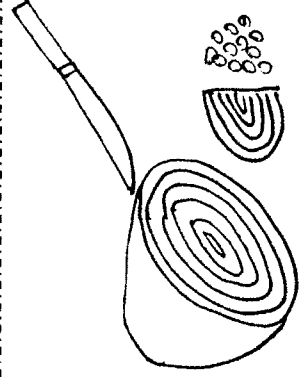


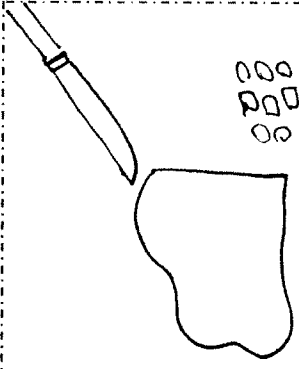
# Spinach Dip



1 (10-ounce) package of frozen spinach, thawed. Squeeze water out of spinach.



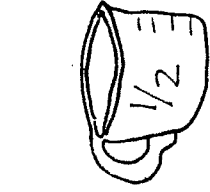
$\frac{1}{2}$  mild white onion finely chopped



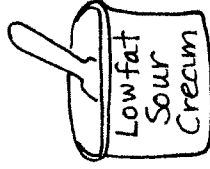
1 red bell pepper chopped



2 cloves garlic finely chopped



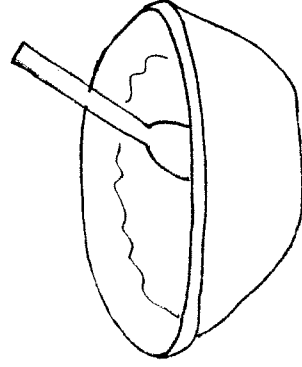
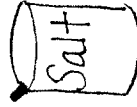
$\frac{1}{2}$  cup lowfat sour cream



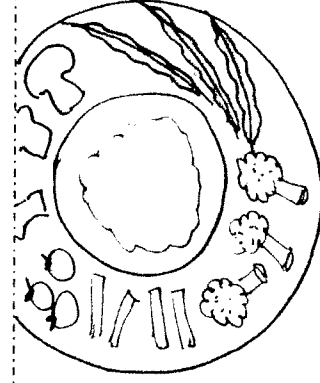
$\frac{1}{2}$  cup lowfat mayonnaise



$\frac{1}{2}$  tsp. salt



Mix all ingredients



Serve with colorful raw vegetables for dipping.