

# COTTAGE CHEESE SPINACH DIP

**PREP TIME: 15 min**  
**COOK TIME: n/a**  
**SERVINGS: 8**  
**SERVING SIZE: 1/4 cup**



## INGREDIENTS

- 5 ounces frozen chopped spinach
- 1¼ cups low-fat cottage cheese
- ¼ cup grated parmesan cheese
- ¼ teaspoon salt
- ¼ teaspoon pepper

## DIRECTIONS

1. Thaw the spinach: either set it on a plate in the fridge overnight, or microwave for 1-2 minutes until soft.
2. Use your hands to squeeze excess water from defrosted spinach, or squeeze it out in a towel. Chop the spinach into small pieces.
3. Place spinach, cottage cheese, parmesan, salt, and pepper in a medium bowl. Stir until well mixed. Or, for a smoother texture, process ingredients in a food processor. Process until smooth (about 1 minute), scraping inside of bowl as needed.
4. Serve dip at room temperature or chilled, with cut up veggies or whole grain crackers.



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