

Creamy Spinach and Feta Dip

Ingredients

- 6 ounces nonfat Greek yogurt
- 3/4 cup crumbled feta cheese
- 2 ounces 1/3-less-fat cream cheese, softened
- 1/4 cup low-fat sour cream
- 1 garlic clove, crushed
- 1 1/2 cups finely chopped fresh spinach
- 1 tablespoon fresh dill
- 1/8 teaspoon black pepper

Preparation

Place yogurt, feta cheese, cream cheese, sour cream, and crushed garlic clove in a food processor; process until smooth. Spoon yogurt mixture into a medium bowl; stir in spinach, fresh dill, and black pepper. Cover and chill.