



# JERSEY TASTES!

## RECIPES

### *Green Superhero Dip*

## INGREDIENTS

Recipe makes enough for classroom tasting

- 1-12oz. bag of frozen spinach
- 2 cups low-fat greek yogurt
- 4 oz. low-fat cream cheese
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. salt
- baby spinach for sensory learning

## DIRECTIONS

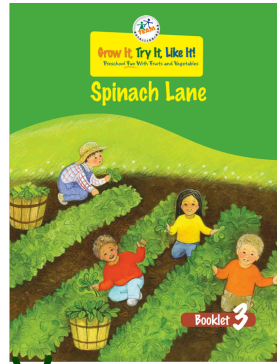
- 1 Thaw and squeeze/drain excess water from Spinach. Set aside.
- 2 In a large bowl combine yogurt, cream cheese, salt, onion powder, and garlic powder, mix well.
- 3 Add your spinach, mix until well incorporated. Serve with fresh cut veggies or pita chips.



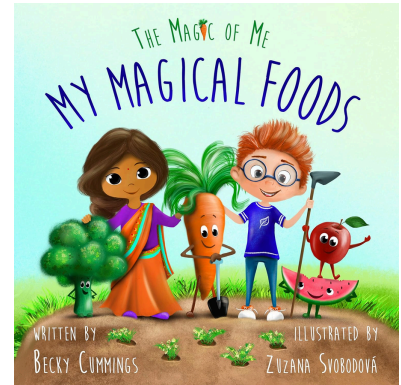
RECIPES MADE IN COLLABORATION WITH:



## Teacher Resources



Lesson Plans



Read Along

