



JERSEY TASTES! RECIPES

Green Superhero Dip

INGREDIENTS

Family-SIZE: Serves 6- 5oz. portions

- 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

SCHOOL FOOD SERVICE
PORTIONS: 24

- 3lbs. frozen spinach
- 2 quarts low-fat greek yogurt
- 1 lb. low-fat cream cheese
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 2 tsp. salt

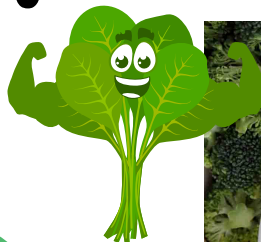


PORTION SIZE: 5oz dip = 1/4 cup Dark Greens

Fun Fact:
Spinach was first cultivated in ancient Persia over 2,000 years ago.

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.



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