



# Spinach dip *that the kids will eat*

## SERVINGS

about 12

## TIME

20 minutes

## INGREDIENTS

- olive oil (about a teaspoon or 2)
- 1-2 cloves garlic
- 1 bag spinach (6-10 oz) (you could use frozen)
- large pinch of salt
- $\frac{1}{3}$  cup cream cheese, at room temperature
- $\frac{1}{3}$  cup plain yogurt
- $\frac{1}{4}$  cup grated parmesan cheese

## EQUIPMENT

- Skillet
- Food processor
- Spatula
- Measuring cups and spoons
- Cutting board and knife

## DIRECTIONS

- Peel and mince garlic
- Heat a large skillet over medium heat and add olive oil. Add garlic and sauté for about a minute, careful not to let it burn.
- Add spinach and a pinch of salt and cook for about 3 minutes until the spinach is cooked down. Place spinach mixture in a strainer to drain excess moisture. Use a paper towel or dish towel to press extra moisture out of the spinach.
- Place spinach mixture and cream cheese in a food processor and process until smooth.
- Transfer to a bowl and stir in yogurt and parmesan cheese. Refrigerate until ready to eat.

## TIPS TO INVOLVE THE KIDS

- Wash your hands and designate an area to get a bit messy.
- Let kids do the measuring.
- Let the kids participate in cooking the spinach. It's fascinating to see how much it cooks down in volume.

## EXTRA!

- Serve the spinach dip with our flat bread or your favorite veggies.

