

# Spinach Dip

Source: Get Healthy, Go Vegan by Neal Barnard, MD; recipe by Robyn Webb

This dip is as tasty as it is healthful! If you like, add canned artichokes to make spinach-artichoke dip. Serve it with crackers or pita bread.

## About the Recipe

**12 Calories · 1.6 g Protein · 0.4 g Fiber**  
**Snack**

## Ingredients

***Makes 24 Servings***

- 1 small onion, quartered
- 4 cloves garlic
- 1 10-oz (283-g) package frozen chopped spinach, thawed
- 12 oz firm, low-fat silken tofu
- 1 tbsp (15 mL) lemon juice
- 1 tsp (5 mL) ground coriander
- 1 1/2 tsp (7.5 mL) iodized salt
- 1/4 tsp (1.2 mL) ground black pepper
- 1/8 tsp (0.6 mL) ground cayenne pepper

## Directions

1. Preheat the oven to 350 F (177 C).
2. Wrap the onion and garlic in aluminum foil. Bake for 20 to 30 minutes, or until soft.
3. Place the spinach in a clean dish towel. Squeeze and twist the towel to press out as much water as possible from the spinach. Place the spinach, onions, and garlic in a food processor and process until well chopped. Add the remaining

ingredients and process until smooth.

4. Serve.

## Nutrition Facts

*Per 2 tbsp:*

**Calories:** 10 kcal

**Fat:** <0.5 g

**Saturated Fat:** 0 g

**Calories From Fat:** 18%

**Cholesterol:** 0 mg

**Protein:** 1.3 g

**Carbohydrates:** 1 g

**Sugar:** <0.5 g

**Fiber:** <0.5 g

**Sodium:** 167 mg

**Calcium:** 19 mg

**Iron:** 0.3 mg

**Vitamin C:** 0.6 mg

**Beta-Carotene:** 566 mcg

**Vitamin E:** 0.3 mg