Sculpt Kitchen

# High Protein Spinach Dip

**4 servings**

**Ingredients:**

1 tbsp olive oil
1 large sweet onion finely chopped
1 red pepper finely chopped
1 cup plain 0% Greek yogurt
1/2 cup 1% cottage cheese
1/4 cup light cream cheese
300g (10oz) frozen chopped spinach thawed and drained
1/2 cup part skim Tex-mex shredded cheese
Squeeze of fresh lemon juice
Salt and pepper to taste

**Serve with:**

Veggies
Baked chips
Rice crackers

**In sauté pan**

1. Heat olive oil over medium
2. Add onion and pepper - sauté till caramelized, add tbsp of water at halfway

In blender or with hand-held blender

3. Whip remaining ingredients together
4. Hand stir onion and pepper into cheese mixture, ENJOY!

Optional

5. Top with a little more tex mex cheese and broil for 3-5 min

**Nutrition Facts:**

**Per serving 190 calories - 9g Fat - 12g Carbohydrates - 17g Protein**

Nutritional information analyzed at www.verywellfit.com

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