

Garlic-Spinach Dip

2 tbsp Garlic (minced) – Sauté in 1 tsp oil till soft

8 cups / 2 Lit fresh Spinach – Chop, then add to fry pan one handful at a time as it wilts, adding a little water as needed to prevent sticking. Place cooked Spinach and Garlic in blender or food processor.

8 oz / 300g Light Cream Cheese (softened)

¼ cup / 60 ml Milk

1/8 tsp Salt

1 dash Tabasco Pepper Sauce

Add to blender, cover and blend until smooth. May serve as is or heat through. Garnish with chopped tomato or shredded choice of cheese (optional). Serve with Tortilla Chips or toasted Pita wedges.

*(from **Simply in Season**, by Mary Beth Lind and Cathleen Hockman-Wert)*