



Spinach Dip

INGREDIENTS

10 ozs. fresh spinach
2 tbsps. scallion, chopped
2 tbsps. shredded carrots
1 cup sour cream
3/4 cup mayonnaise
2 ozs. cream cheese, at room temperature
4 tbsps. vegetable flakes
1 tsp. celery salt
1 tsp. onion powder
1 tsp. crushed red pepper
1/2 to 1 tsp. salt

DIRECTIONS

1. Place spinach in a microwave proof bowl and cover. Microwave on HIGH for 1 minute. Let set for a minute, then using kitchen shears, cut the spinach up until well chopped. When cool enough to handle, squeeze the water out the the spinach. Set aside to cool while preparing the rest of the recipe.
2. Mix together sour cream mayonnaise and cream cheese until well mixed. Add vegetable flakes, celery salt, onion powder, crushed red pepper, and salt. Mix well. Add spinach, scallions and carrots. Mix well and chill for at least 1 hour before serving.

Recipe brought to you by **<http://sharetherecipe.com/>**