

Caramelized Leek and Spinach Dip



Ingredients

- 3 medium leeks
- 1.5 tbsp. canola oil
- 4 cups coarsely chopped baby spinach
- ½ tsp. salt
- ¼ tsp. black pepper
- ¼ cup plain 2% reduced-fat Greek yogurt
- 2 tbsp. chopped fresh chives or scallions
- ½ tsp. red wine vinegar
- 1 (8 oz.) container light sour cream

Active time: 30 minutes

Chill time: 1 hour

Serves: 8

Directions

1. Remove and discard root ends and dark green tops of leeks. Cut each leek in half lengthwise and rinse to remove grit and sand. Thinly slice leeks crosswise to equal about 4 cups.
 2. Heat a large pan over medium-low heat and add oil. Add leeks to pan, cook for 25 minutes or until very soft and caramelized, stirring occasionally. Stir in spinach, salt and pepper and cook for 2 minutes until spinach wilts. Remove from heat and let cool completely.
 3. Combine yogurt, chives (or scallions), vinegar and sour cream in a bowl. Stir in spinach mixture. Refrigerate until ready to serve.
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Nutrition Facts

Calories: 207 kcals

Fat: 9g

Protein: 16g

Sodium: 276mg

Total Carbohydrate: 14g

Sugar: 9g

