



August 4- Spinach Roasted Red Pepper Dip

Smart Snack

Link: <http://bschsblog.com/holiday-eating-strategies-for-people-with-diabetes-by-joan-schwegler-rd-cde/>

Recipe

Ingredients:

- ½ cup shredded part skim mozzarella cheese
- ½ cup plain low-fat or fat-free yogurt
- ½ cup light mayonnaise dressing or salad dressing
- ¼ cup grated Parmesan cheese
- 1 tablespoon all-purpose flour
- 1 teaspoon Dijon-style mustard
- 1 cup loosely packed fresh spinach leaves, coarsely chopped
- ¾ cup bottled roasted red sweet peppers, drained and chopped
- ¼ cup thinly sliced green onions
- 3 red and/or yellow sweet peppers, seeded and cut into strips, or desired dippers

Directions:

1. Wash hands with warm, soapy water.
2. Preheat oven to 350°F. In a large bowl, stir together mozzarella cheese, yogurt, mayonnaise dressing, and 2 tablespoons of the parmesan cheese, the flour, and the Dijon mustard.
3. Stir in the spinach, roasted red peppers, and 2 tablespoons of the green onions. Spread the cheese vegetable mixture evenly in to a 1-quart oven proof shallow dish or a 9-inch pie plate. Sprinkle with the remaining 2 tablespoons grated parmesan cheese.
4. Bake the dip, uncovered, for 15 to 20 minutes or until the edges are bubbly and the mixture is heated through. Sprinkle with the remaining green onions. Serve with red and/or yellow sweet pepper strips.

Yield 36 servings

Nutrition Facts

Serving Size 1 tablespoon (29.03g)
Servings Per Container 36

Amount Per Serving

Calories 20 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 65mg **3%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **1%**

Sugars 1g

Protein <1g **2%**

Vitamin A 10% • Vitamin C 30%

Calcium 2% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.