

Spinach Dip

10 oz. frozen spinach, chopped, thawed
1 1/2 cups fat-free sour cream
1 cup lowfat mayonnaise
1.4 oz. pkg. vegetable soup mix
8 oz. water chestnuts, finely chopped
3 green onions, finely chopped
1 round loaf pumpernickel bread

Squeeze spinach until dry. In medium bowl, stir together spinach, sour cream, mayonnaise, soup mix, water chestnuts, and green onions. Cover; refrigerate for 2 hours. Serve with pumpernickel bread. Cut the top of the bread off; carve out the center and fill with the dip. Place pieces of cut bread and crackers around the bread bowl. Makes 12 servings.

Nutrition Information per serving: calories 220; protein 5 grams; fat 9 grams; sodium 669 mg