



Elliott Evans Nutrition, LLC
Prevent and Protect
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SPINACH-AVOCADO DIP

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MAKES 2 ½ CUPS

- ½ cup finely chopped shallots (from 2 large shallots)**
- 1 tablespoon minced garlic (from 3 cloves)**
- 10 ounces spinach, rinsed well**
Coarse salt and freshly ground black pepper
- 2 medium-ripe Hass avocados, chilled**
- 1 cup nonfat Greek yogurt**
- 1 tablespoon plus 1½ teaspoons fresh lemon juice**
- 12 ounces sugar snap peas**
- 9 small slices pumpernickel bread, cut into triangles**

- **Heat oil in large nonstick skillet over medium heat. Cook shallots and garlic, stirring often, until tender, about 4 minutes. Add spinach and ¾ teaspoon salt. Cook, covered, until wilted, about 4 minutes. Uncover. Cook until liquid evaporates, about 7 minutes. Refrigerate until cooled, about 25 minutes.**
- **Meanwhile, puree avocados, yogurt, lemon juice, and ¼ teaspoon salt in a food processor until smooth. Season with pepper. Finely chop spinach mixture. Stir in avocado puree.**
- **Serve with snap peas and bread for dipping.**