

Spinach and Kale Dip

Spinach and kale dip is a healthy snack for any occasion.

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Yield: 16 servings

Author: adapted *Jessica Gavin recipe*

Ingredients

Spinach Kale Dip

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons shallots, roughly chopped
- 1 tablespoon garlic, minced
- 5 ounces spinach leaves
- 5 ounces kale leaves
- ½ teaspoon kosher salt
- 1 teaspoon lemon zest, fresh
- 2 teaspoons lemon juice, fresh
- 1 cup plain Greek yogurt, non-fat
- ½ cup parmesan cheese, shredded
- 2 tablespoons chives, chopped
- black pepper

To serve:

- crackers, store bought or homemade
- slice fresh cucumbers, carrots or bell peppers.
- Whole grain rustic bread or crostini are also a lovely edible spoon.

Instructions

- Heat oil in a large frying pan over medium-high heat. Add shallots and garlic and cook, stirring often, until fragrant, about 1 minute.
- Add spinach and kale, cook, stirring often, until wilted, about 2 to 5 minutes.
- Scoop spinach mixture into a blender or food processor and mix until roughly puréed.
- In a medium-sized bowl, stir together spinach and kale mixture, salt, lemon zest and juice, yogurt, parmesan cheese, and chives. Season to taste with pepper and more salt.

Notes

- If you do not have a blender or food processor, you can chop the cooked spinach and kale mixture with a chef's knife until you have a rough pureed texture.