

Creamy Spinach and Bean Dip

Half pkg (300g) frozen chopped spinach
1 cup (250mL) white kidney beans
1 cup (250mL) 1% cottage cheese
1 small clove garlic, halved
1 chopped onion
½ tsp (2mL) dried basil
½ tsp (2mL) Worcestershire sauce
Pinch Ground nutmeg
Salt and freshly ground black pepper

Squeeze excess moisture out of spinach. Set aside. In food processor or blender, process beans, cottage cheese, garlic, onion, basil, Worcestershire sauce and nutmeg, scraping down sides of container several times, for 2 to 3 minutes or until pureed. Add spinach, process until well mixed. Season to taste with salt and pepper.

Transfer to bowl or container. Cover and refrigerate for at least 4 hours or up to 2 days.

Can be served warm

Makes 10 servings

*Chickpeas were added to the recipe for Pulse Days