



Green Onion Dip with Fresh Veggies

Prep: 10 minutes • Makes: about 2½ cups

- 6 green onions, coarsely chopped (1 cup)
- 2 garlic cloves
- 1 cup tightly packed fresh baby spinach leaves
- ¼ cup canola oil
- ¼ cup extra virgin olive oil
- 1 tablespoon dried tarragon
- 1 cup light mayonnaise
- 2 teaspoons Dijon mustard
- 1½ teaspoons fresh lemon juice
- ½ teaspoon kosher salt
- 1 pinch ground white pepper
- Chopped fresh chives for garnish
- 3 pounds fresh vegetables such as baby carrots, celery sticks, blanched sugar snap peas, broccoli florets and grape tomatoes

1. In food processor with knife blade attached, add green onions, garlic, spinach, oils and tarragon. Process 1 minute or until mixture is smooth, scraping bowl occasionally with rubber spatula.

2. Add mayonnaise, mustard, lemon juice, salt and pepper, and process 30 seconds or until well combined.

3. Sprinkle dip with chives and serve with fresh vegetables.

*Approximate nutritional values per serving (¼ cup):
210 Calories, 18g Fat (2g Saturated), 8mg Cholesterol,
264mg Sodium, 12g Carbohydrates, 3g Fiber, 2g Protein*

Helpful tips:

> Other veggie suggestions: cauliflower florets, sliced bell peppers (red, green, yellow, orange), radishes, mushrooms, blanched asparagus spears.

This dip also tastes great with breadsticks or crackers.

Serving Tip: Cut a thin slice from the bottom of a red pepper to create a flat surface for pepper. Carefully cut off 1 inch from the top of the pepper. Remove the membranes and seeds from the inside without cutting through the pepper. Fill pepper with dip and garnish with chives.