



WARM SPINACH DIP

By: Eat Clean Live Well - Terry Walters

Serves: Makes 2 cups

Ingredients

- 2 tbs extra virgin olive oil
- 1/2 cup shallots, chopped
- 4 cups packed fresh spinach leaves
- 1/2 tsp sea salt
- 1/2 cup grapeseed oil mayonnaise
- 1 cup cooked cannellini beans
- Ground white pepper
- Gluten-free crackers of choice for serving

Directions

In a medium skillet over medium-low heat, saute shallots in olive oil until translucent (about 5 minutes). Add spinach and fold until leaves are just wilted. Remove from heat and transfer to a food processor (leaving juices behind in skillet so dip does not become too runny). Add salt, mayonnaise, and beans and pulse until just blended. Season to taste with ground white pepper and serve warm with crackers.

Nutrition per serving:

Calories: 194.3

Fat: 14.7 g

Sat. fat: 1.8 g

Monounsaturated 4.5 g

Polyunsaturated 8.3 g

Carbohydrates: 10.5 g

Fiber: 2.7 g

Sugar: 1 g

Sodium: 325 mg

Protein: 3.4 g