

Crock of Low-Fat Creamy Spinach Dip

Ingredients

8 ounce package low-fat cream cheese, cubed or silken tofu, drained
1/4 (one-quarter) cup low-fat yogurt or soy yogurt
1 cup frozen chopped spinach, thawed and squeezed dry
2 tablespoons pimento, diced
1 teaspoon soy sauce
1/4 (one-quarter) teaspoon garlic salt
2 tablespoons Parmesan cheese, grated
2 teaspoons onion, grated or finely chopped
1/4 (one-quarter) teaspoon parsley

Method

Combine cream cheese and yogurt in crock pot. Cover and heat on Low until cheese is melted, about one hour. Add remaining ingredients. Cover and heat on Low 30 minutes longer. Serve with raw vegetables or whole grain crackers to six.