

Walnut Spinach Greek Yogurt Dip



You'll love this quick and delicious Greek yogurt dip with spinach, chopped walnuts, lemon juice and fresh herbs. Yes, it's a nutritious spinach dip with a tasty Mediterranean twist! This recipe will make about 2 cups of dip. Store any unused dip in the fridge in a tight-lid container for up to 3 days.

Ingredients:

2 cups baby spinach
Kosher salt
2 cups Greek yogurt
3/4 cup walnuts, finely chopped
1 clove of garlic, minced (more to your liking)
1 tablespoon freshly squeezed lemon juice more to taste
1/2 cup chopped parsley
1 teaspoon dried mint
Black pepper
Extra virgin olive oil

To serve:

Veggies
Pita chips

Instructions

Blanch the Spinach. Bring a pot of salted water to a boil. Prepare a bowl of iced water and keep it near. Add the spinach to the boiling water and cook for 10 seconds. Using a pair of tongs, transfer the spinach to the iced water and allow it to cool for a couple of minutes. Drain well and wring out any excess water.

In a mixing bowl, combine the blanched spinach, yogurt, walnuts, garlic, lemon juice, parsley, and mint. Add a good dash of kosher salt and black pepper. Add a generous drizzle of extra virgin olive oil (about 2 tablespoons). Mix to combine. Taste and adjust seasoning. Serve with your favorite veggies and pita chips.