



**Nutrition Information Per Serving:**

Calories: 74  
Protein: 7 g  
Carbohydrates: 6 g  
Fat: 2 g  
Fiber: 1 g

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|---|--|--|---|
| <b>PREP<br/>TIME</b><br><b>10</b><br>mins | <b>COOK<br/>TIME</b><br><b>3</b><br>mins | <b>TOTAL<br/>TIME</b><br><b>13</b><br>mins | <b>RECIPE<br/>MAKES</b><br><b>8</b><br>servings |
|---|--|--|---|

Keep your dip just as creamy as you normally like it, but boost the protein by adding Muuna cottage cheese! This protein-packed appetizer will win over any party and keep your guests feeling satisfied.

*"This cottage cheese spinach dip is one of those recipes I know is a keeper!"* —[Shaw's Simple Swaps](#)

**INGREDIENTS**

- 10 oz. Frozen spinach, drained
- 12 oz. Lowfat Plain Muuna cottage cheese
- 1/3 cup Light sour cream
- 8 oz. Water chestnuts diced
- 1 tsp. Dried onion flakes
- 1/2 tsp. Garlic powder
- 1/4 tsp. Dried dill weed
- 1/4 tsp. Dried celery seed
- 1/4 tsp. Black pepper
- 1/4 tsp. Kosher salt

**INSTRUCTIONS**

- 1) Heat the frozen spinach in a microwave safe dish for 2 to 3 minutes.
- 2) Remove and using paper towels strain the water out.
- 3) In a large bowl, add the spinach, cottage cheese, sour cream, and water chestnuts.
- 4) Add in the spices and thoroughly combine.
- 5) Serve cold with tortilla chips or fresh veggies.