

Spinach and Brussels Sprouts Veggie Dip

Ingredients

- 5 small Brussels sprout heads (~1/3 cup)
- 1/3 cup of chopped spinach
- 8oz garlic cream cheese
- ¾ cup plain Greek yogurt

| Prep Time | Cook Time | Serves |
|------------|-----------|--------|
| 15 minutes | 5 minutes | 7 |

Procedure

1. Dice up 5 small brussel sprout heads.
2. Bring brussel sprout and ~ 2 tbsp of water to a soft boil until sprouts are softened.
3. Add 1/3 cup of chopped spinach to pot for the last 30 seconds to partially soften.
4. Remove from heat and transfer to a bowl.
5. Use paper towel to press remaining water out of the vegetables.
6. Combine 8oz garlic cream cheese, with 3/4 cup of plain Greek yogurt in a bowl.
7. Transfer the vegetables to the quark/yogurt mixture and combine until thoroughly mixed.
8. Chill in the fridge until it's time to serve.
9. Serve with carrot sticks.



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