

McDougal's Farm LLC

What's Growing On!

Recipes

Spinache Dip

Ingredients:

- 2 cups finely chopped fresh spinach
- 1/2 med sweet onion chopped fine or use your green onions
- 1 tsp. red wine vinegar or Brags vinegar
- 1 tsp. of sugar or honey
- 1/2 c. Miracle Whip salad dressing
- 1/2 c. Hellman's salad dressing

Directions:

Chop spinach and onion very fine. Add vinegar, sugar and salad dressings and refrigerate. This recipe is about the veggies, not the filler. It is much greener and healthier then the store bought spinach dip.