

## EZ Spinach Dip

- 2 cups finely chopped fresh spinach
- 1/2 med sweet onion chopped fine or use your green onions
- 1 tsp. red wine vinegar or Braggs 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 than the store bought spinach dip.