Yogurt Spinach Dip

Adapted from a recipe at Food52.com
The Food52 Cookbook
Internet Address:



My riff on a Food 52 contest winner.

12 ounces baby spinach

2 cloves garlic, minced and divided into two separate batches.

2 tablespoons olive oil (not necessarily extra virgin, but the type you use for sautéing)

10 1/2 ounces Greek yogurt, full-fat

salt

4 tablespoons fresh mint, minced [the original called for a sprinkling of dried mint on top - even though she strongly discouraged fresh, it's all I had)

1/4 cup walnuts, crushed, sprinkled on top

1 tablespoon extra virgin olive oil, to drizzle on top

Appetizers

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 8

1. Blanch the baby spinach for one minute, then drain in a colander.
2. Once cooled, squeeze little hand-shaped balls of the spinach to get all the liquid out. Chop fine.
3. Sauté one clove of garlic in 2 tbsp olive oil and add the baby spinach. Add a pinch of salt. Stir for a few minutes.
4. Remove from stove, allow to cool, then squeeze out any more excess liquid (yes, there will be some).
5. In a bowl, add yogurt, a clove of minced garlic, baby spinach, fresh mint and stir gently. Add salt to taste.
6. Transfer to a wide bowl you are serving it in, and sprinkle with crushed walnuts and a lazy trail of olive oil.
7. Serve with lavash or whole wheat pita. [I served it with sangak bread, similar to a fresh lavash.]

Per Serving (excluding unknown items): 123 Calories; 10g Fat (73.3% calories from fat); 4g Protein; 5g Carbohydrate; 2g Dietary Fiber; 15mg Cholesterol; 53mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.