

KNORR SPINACH DIP WITH VEGGIES AND PITA CHIPS

250 mL	sour cream
125 mL	mayonnaise
½ pkg	frozen spinach (defrosted, drained and chopped)
½ pkg	Knorr Swiss Vegetable soup mix
½ tin	water chestnuts, finely chopped
2	green onions, finely chopped
2	carrots, peeled
1/2	large cucumber, cut in slices
1	small head of broccoli

Method:

1. Take the thawed spinach and squeeze it in the top of a strainer to get rid of any excess water, then finely chop it.
2. In a medium bowl combine the sour cream, mayo, soup mix, green onion, water chestnuts, spinach and mix well. Cover with saran wrap and place in the fridge.
3. While the dip is chilling brush each pita round lightly with olive oil, sprinkle with a little salt and then cut into 6 triangles. Bake in the oven for 5-10 mins or till crisp.
4. Peel the carrots, rinse them and cut them into bite size sticks. Wash the broccoli and break down into small edible florets. Wash the outside of the cucumber and cut into slices. Wash the green and red pepper and cut into thick strips.
5. When ready to serve remove the dip from the fridge and pour it into a small glass bowl. Place the bowl in the middle of a large white serving plate and arrange the vegetables all around in a colorful pattern and serve. Pita chips can also be put out to use with the dip or cubes of bread.