

SPINACH DIP

- 2 c. mayonnaise
- 1/2 c. chopped onions
- 1/2 c. chopped parsley
- 1 10-oz. package chopped spinach, defrosted and well drained
- 1/8 t. garlic salt
- Dash pepper

Mix spinach, onions, parsley and seasonings together; add mayonnaise a bit at a time. Chill. Allow flavors to blend before serving.

CRAB MEAT DIP

- 4 oz. cream cheese
- Dash salt
- 1/2 T. onion, grated
- 1 t. lemon juice
- 1/4 t. Worcestershire sauce
- 6 T. sour cream
- 1 7-oz. can crab meat

Cheese should be at room temperature. Add remaining ingredients and mix together. Chill before serving.

NOTE: If desired, top with minced pimiento for color.

Raw Veggie Dip

Makes: 6 servings

- 3/4 cup light mayonnaise or salad dressing
- 1/2 cup light sour cream
- splash Worcestershire sauce
- 1 Tbsp. dried dill
- 1 tsp. Dijon mustard
- pinch salt
- pinch pepper
- 1/4 tsp. onion powder

Stir the above ingredients together in a bowl and refrigerate.

Nutrition information per serving: calories, 71; carbs, 4 g; fat, 5 g; protein, 1 g; dietary fibre, 0 g.