



## Green Onion Dip with Fresh Veggies

**Prep: 10 minutes • Makes: about 2½ cups**

- 6 green onions, coarsely chopped (1 cup)
- 2 garlic cloves
- 1 cup tightly packed fresh baby spinach leaves
- ¼ cup canola oil
- ¼ cup extra virgin olive oil
- 1 tablespoon dried tarragon
- 1 cup light mayonnaise
- 2 teaspoons Dijon mustard
- 1½ teaspoons fresh lemon juice
- ½ teaspoon kosher salt
- 1 pinch ground white pepper
- Chopped fresh chives for garnish
- 3 pounds fresh vegetables such as baby carrots, celery sticks, blanched sugar snap peas, broccoli florets and grape tomatoes

**1.** In food processor with knife blade attached, add green onions, garlic, spinach, oils and tarragon. Process 1 minute or until mixture is smooth, scraping bowl occasionally with rubber spatula.

**2.** Add mayonnaise, mustard, lemon juice, salt and pepper, and process 30 seconds or until well combined.

**3.** Sprinkle dip with chives and serve with fresh vegetables.

*Approximate nutritional values per serving (¼ cup):  
210 Calories, 18g Fat (2g Saturated), 8mg Cholesterol,  
264mg Sodium, 12g Carbohydrates, 3g Fiber, 2g Protein*

### Helpful tips:

> Other veggie suggestions: cauliflower florets, sliced bell peppers (red, green, yellow, orange), radishes, mushrooms, blanched asparagus spears.

This dip also tastes great with breadsticks or crackers.

**Serving Tip:** Cut a thin slice from the bottom of a red pepper to create a flat surface for pepper. Carefully cut off 1 inch from the top of the pepper. Remove the membranes and seeds from the inside without cutting through the pepper. Fill pepper with dip and garnish with chives.