

GREEN ONION SPINACH DIP



Grilling the onions makes this a rich flavor. Use as a dip or a salad dressing. The recipe is taken from Real Simple magazine.

INGREDIENTS

- 6 green onions
- 1/3 cup drained and rinsed canned cannellini beans
- 1/3 roughly chopped chives
- 1/4 cup mayonnaise
- 3 Tbls. olive oil
- 2 Tbls. fresh lemon juice (from 1 lemon)
- 1/2 tsp. salt
- 2 cups packed fresh baby spinach
- colorful fresh veggies
- your favorite salad

DIRECTIONS

Grill green onions until slightly charred. Roughly cut into pieces.

Add grilled onions to blender. Add beans, chives, mayonnaise, olive oil, lemon juice, and salt.

Blend, scraping sides, blend again.

Add fresh spinach to the blender. Blend, scrape and blend until smooth.

Serve with a beautiful array of veggies or over your favorite salad as a dressing.