Tofu Spinach Dip

- 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
- 1 container (16 oz.) lowfat sour cream
- 1 cup miracle whip
- 1 package Knorr Vegetable mix
- 2 oz. diced tofu

Combine sour cream, miracle whip and Knorr vegetable mix. Mix well. Add tofu and spinach, continue to mix. Chill for 1 hour. Serves up to 10 people.

Nutritional Facts:
Low fat recipe-per serving- 87 calories, 1.8 grams of fat, 0.6 grams of saturated fat, 6.5 mg of cholesterol, 257 mg of sodium, 14 grams of carbs, 4 grams of protein, 1.3 grams of fiber.
Regular recipe-per serving- 281 calories, 27.6 grams of fat, 8.4 grams of saturated fat, 28 mg of cholesterol, 167 mg of sodium, 5.4 grams of carbs, 3.3 grams of protein, 0.8 grams of fiber.

Submitted by Vita