



## Rockin' Restaurant Spinach Dip



[Click for WW PersonalPoints™ value\\*](#)

1/8th of recipe (3 heaping tbsp.): 72 calories, 1g total fat (<0.5g sat. fat), 310mg sodium, 9g carbs, 1g fiber, 4g sugars, 7g protein

**Prep:** 10 minutes    **Cook:** 40 minutes

More: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

### Ingredients

2 tbsp. minced shallots  
1 tsp. minced garlic  
1/4 cup plus 2 tbsp. fat-free mayonnaise  
1/4 cup fat-free sour cream  
2 tbsp. light plain soymilk (or fat-free milk)  
4 oz. fat-free firm block-style cheese (any kind), shredded  
One 10-oz. package frozen chopped spinach, thawed and squeezed dry  
1/2 cup canned sliced water chestnuts, drained and chopped  
3 tbsp. plus 1 tsp. reduced-fat Parmesan-style grated topping  
Optional seasonings: salt and black pepper

### Directions

Preheat oven to 325 degrees. Spray a loaf pan with nonstick spray.

Bring a medium nonstick pot to medium heat. Cook and stir shallots and garlic until slightly softened, 1 to 2 minutes.

Remove shallot-garlic mixture from the pot.

In a medium bowl, whisk mayo, sour cream, and soymilk until smooth. Transfer mixture to the pot. Bring to low heat. Cook and stir until hot, about 3 minutes.

Add shredded cheese to the pot, and cook and stir until melted, about 8 minutes. Add shallot-garlic mixture and all remaining ingredients. Thoroughly stir.

Transfer mixture to the loaf pan and bake until hot and bubbly, 20 to 25 minutes. Voilà!

**MAKES 8 SERVINGS**

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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