

## Veggie Dip

1Tbsp olive oil  
1 small onion, minced  
1 Tbsp garlic  
1 package frozen chopped spinach, thawed and drained  
1 teaspoon cayenne  
1/2 cup crumbled feta  
1 cup sour cream, low fat  
1 cup buttermilk  
1 tsp black pepper

### Directions

Heat oil in skillet and cook onions over medium high heat until tender, add garlic and cook for additional one minute. Stir in spinach, cayenne and feta. Cool mixture in for 10-15 minutes. Combine spinach mixture, sour cream and buttermilk in food processor and blend. Serve with assorted vegetables

