

Savory Strawberry & Spinach Dip

Jessica Hildebrandt

6 oz. reduced fat cream cheese	1/3 cup thinly sliced scallions
4 oz. crumbled Feta cheese (may substitute reduced fat)	1 cup chopped, fresh spinach
1/4 tsp. grated lemon zest	1 cup chopped, fresh strawberries
3 Tbsp. chopped walnuts	Dash of freshly ground black pepper

Preheat oven to 350°. Spray a 6-cup oven-safe casserole dish with nonstick cooking spray. Set aside.

Mix all ingredients in a medium-large bowl until combined. Transfer mixture to prepared baking dish and bake for approximately 25 minutes until bubbly and slightly browned on top. Remove and let stand for about 5 minutes. Serve warm with whole-grain crackers or pita chips. *Makes approximately 6 servings.*

Tomatillo Salsa

Traci Horany

Good as a salsa with chips or served over any white broiled fish!

3/4 lb. tomatillos, husked, rinsed, and chopped	1/2 cup packed coarsely chopped fresh cilantro stems and leaves (optional)
1 jalapeño pepper	Juice of 1 lime
2 cloves garlic, peeled	1/2 tsp. salt
1/4 cup chopped white onion	1/2 tsp. coarsely ground black pepper

Put tomatillos, pepper, and garlic on a rimmed baking sheet and broil 5 inches from heat, turning occasionally, until lightly charred, 7 to 8 minutes. Let cool. Remove stem from pepper and discard. Put tomatillos, pepper, garlic, onion, and cilantro in a food processor and pulse until coarsely chopped. Transfer to a medium bowl; stir in lime juice, salt and pepper.