

Spinach Curry Cheese Dip

This dip gives a Southern Asian spin to a perennial people pleaser.



INGREDIENTS

(Makes 4 Servings)

U.S. Cream Cheese	150g
Grape seed oil	15ml
Onion - chopped finely	225g
U.S. Milk, whole	225ml
U.S. Whipping Cream	225ml
Curry powder - fresh, heat to your taste	70g (to taste)
Spinach - blanched, drained, chopped	100g

NUTRITIONAL CONTENT

Per 100g

Calories	188kcal
Total Fat	16g
Saturated Fat	9g
Trans Fat	0g
Cholesterol	49mg
Total Carbohydrates	9g
Dietary Fiber	3g
Sugars	3g
Protein	4g
Calcium	105mg
Magnesium	32mg
Phosphorus	84mg
Potassium	241mg
Sodium	78mg
Iron	2mg
Vitamin A	1726IU
Vitamin C	3mg

PREPARATION

1. **Leave the cream cheese at room temperature until softened.**
2. **Coat a preheated sauté pan with grape seed oil.**
3. **Add chopped onion, cook until medium brown.**
4. **Turn to medium low heat; pour in milk and whipping cream.**
5. **Add curry powder, whisking well.**
6. **Simmer over low heat until lightly thickened.**
7. **Add the spinach and cream cheese mixing well. Simmer until warmed - do not boil.**
8. **Adjust seasoning, and serve with bread cubes, vegetable sticks or corn chips.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.