



# GREEN DIP

MAKES: 2 CUPS

TOTAL TIME: 20 MIN

## INGREDIENTS

- 1 jalapeño pepper, quartered and stems removed (remove seeds if you want less spice!)
- 1 large garlic clove, peeled
- 1/3 cup of light mayonnaise
- 1 tablespoon of olive oil
- Juice from 1 lime
- 1/4 of a large head of romaine lettuce, roughly chopped, tough ends removed
- 1 large handful of spinach leaves
- 1 cup cilantro leaves
- 3 whole green onions, roughly chopped, roots removed

## DIRECTIONS

1. Combine all of the above ingredients in a food processor until well blended and creamy.
2. Chill for 30 minutes before serving.
3. Enjoy with veggies, tortilla chips, fish tacos...whatever you can think of!

