

spinach & artichoke dip

1 pkg frozen chopped spinach, thawed
1 can artichoke hearts
125 ml mayonnaise
1 tablespoon minced fresh dill OR basil OR 1/2 teaspoon dried
1 clove garlic (more to taste)
300 ml low-fat yoghurt
salt and pepper

Thaw spinach and squeeze dry. In food processor, process spinach and artichokes until coarsely chopped. Add mayonnaise, dill or basil, and garlic; process until mixed. Transfer to mixing bowl and stir in yoghurt. Season with salt and pepper to taste. (Dip can be covered and refrigerated for up to 24 hours.) If too thick, add more yoghurt. Yoghurt is added singly as it tends to separate when processed.

PAIR WITH *Chrismont Sauvignon Blanc 2004*

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