



# March



## Kitchen Quickie

### SPINACH DIP

**Prep time: 10 minutes**

**Ready in 4 hours**

#### INGREDIENTS

1 (10 ounce) package frozen chopped spinach, thawed and drained

1 (8 ounce) container sour cream

1 cup mayonnaise

1 (.4 ounce) packet dry vegetable soup mix

#### Nutritional Facts

Servings : 48

Amount Per Serving

Calories 58

Total Fat: 5.7g

Cholesterol: 7mg

Sodium: 46mg

Total Carbs: 1.6g

Dietary Fiber: 0.3g

Protein: 0.6g

#### DIRECTIONS

In a medium mixing bowl combine spinach, sour cream, mayonnaise and vegetable soup mix.

Mix well.

Refrigerate it for 4 hours. Stir before serving. (Want to add a little crunch? Chop up an 8 oz can of water chestnuts and add it to the mix!)

Serve with vegetables, wheat crackers or rye bread!!

This dip is a quick and easy recipe to take to a St. Patty's Day Party!

### FRENCH

### TOAST

#### INGREDIENTS

1 egg

3/4 cup milk

1 tablespoon ground cinnamon

1 teaspoon vanilla extract (optional)

2 slices bread

Servings Per Recipe:

2

Amount Per Serving

Calories: 165

Total Fat: 5.3g

Cholesterol: 114mg

Sodium: 407mg

Total Carbs: 20.1g

Dietary Fiber: 2.4g

Protein: 8.4g

#### DIRECTIONS

- Beat together egg, milk, cinnamon, and vanilla.
- Heat a lightly oiled skillet or griddle over medium heat.
- Soak bread slices in egg mixture for 20 seconds on each side, or until thoroughly coated.
- Cook bread until both sides are lightly browned and crisp. Serve hot.



Prep Time: 5 minutes

Cook Time: 10 minutes



Up for some skinny dipping? Use low fat sour cream for a lighter dip.

## Food For Thought!!

Studying for midterms? Here are some snack ideas to keep your brain performing at it's best!

Snacks high in protein like walnuts, cashews, peanuts and almonds help your brain stay sharp.

Dried fruits and are good on-the-go snacks that can give you a boost of energy, plus they're full of good nutrition!



## Good Luck!

