



Spinach and Paneer Dip

Serving: 1

Veg

Ingredients

- -3 cup chopped spinach (palak)
- - $\frac{3}{4}$ cup low fat paneer (cottage cheese)
- -2 tsp oil
- - $\frac{1}{4}$ cup sliced onion
- -1 tsp of lemon juice
- -1 tsp dried oregano
- -Salt to taste

Preparation Method

- -Put the Spinach in a broad non-stick pan and cook (without using any water)on a high flame for 1 minute . Remove from the pan and keep aside
- -Heat the oil in the same broad non-stick pan ,add the onions and saute on a medium flame for 1 minute
- -Combine the onion,spinach paneer, lemon juice, oregano, salt and pepper in a mixer and blend till smooth
- -Transfer the dip into a bowl and refrigerate for atleast an hour
- -Serve chilled with cucumber sticks