



## Spinach and Paneer Dip

Serving: 1

Veg

### *Ingredients*

- **Ingredients :**
- 3 cups chopped spinach ( palak)
- 3/4 cup low - fat paneer ( cottage cheese)
- 2 tsp oil
- 1/4 cup sliced onions
- 1 tsp lemon juice
- 1 tsp dried oregano
- salt and 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 onions, spinach, paneer, lemon juice, oregano, salt and pepper in a mixer and blend till smooth.
- -Transfer the dip in to a bowl and refrigerate for atleast an hour.
- -Serve chilled with cucumber sticks.