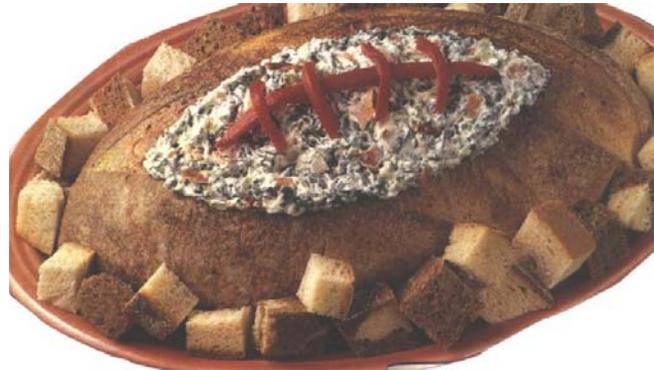


Onion-Spinach Dip

Three dips to tempt you and with all the fat-free products on the market, today, you don't have to feel guilty.

- 1 package French Onion Soup Mix
- 1 container (16 oz.) sour cream,
regular, light or fat-free
- 1/4 cup mayonnaise,
regular, light, or fat-free
- 1 package (10 oz.) frozen chopped spinach
- 1/2 tsp. hot pepper sauce
- 1 loaf rye bread



Combine soup mix, sour cream and mayonnaise until blended. Add spinach, thawed and squeezed dry, and hot pepper sauce. Cover; chill. Stir before serving.

Yield: 2 cups.

Hollow out rye bread and spoon dip into center of bread. The hollowed bread is cut into cubes and placed around the loaf.

ONION-CLAM DIP: Combine soup mix, sour cream and mayonnaise with 1 can (6-1/2 oz.) minced clams, well drained.

ONION-CHEDDAR DIP: Combine soup mix, sour cream and mayonnaise with 2 cups shredded Cheddar cheese and 1 tsp. Worcestershire sauce.

VARIATION OF DIP:

Mix 1 package of Hidden Valley Ranch Party Dip or Fat-Free Dip with one pint sour cream. Add one 10-ounce package frozen spinach, thawed and drained and one 8-ounce can of water chestnuts, chopped.

Mix together and serve in any bread.