

# K's Kitchen: A dip good for any occasion

By Kathryn Reed

I hosted a wine tasting last month where beforehand I was given flavor profiles of foods that would pair well with the wines. Spinach and avocado were to go with the Chardonnay.

Those are two of my favorite green foods. Combining them was wonderful.

And because they are both in grocery stores year round, this is a dip that is good for all seasons.

The tasting was more about sampling food with the various varietals than providing a meal or even heavy appetizers. This dip went very well with the Buena Vista Chardonnay that filled our glasses.

It took a little patience for the ingredients to get chopped up in the blender. A food processor would undoubtedly have been faster, but I don't have one of those. Go easy on the hot sauce to begin with. More can always be added.

While this was good the first day, it was even better the second. The dip is great with raw veggies and crackers.



### **Avocado Spinach Dip**

2 C fresh spinach

1 avocado

$\frac{1}{2}$  C reduced fat sour cream

$\frac{1}{4}$  C red onion, rough chopped

1 T fresh lime juice

1 T jalapeno pepper, chopped

4 garlic gloves

Salt and pepper

Hot sauce

Blend all ingredients. Chill at least one hour before serving.