Creamy Spinach Spread

*an appetizer sure to delight*

**Ingredients**
- 10 oz. frozen, chopped spinach
- 1 c. low-fat cream cheese, softened
- ½ c. low-fat plain yogurt
- ¼ c. onion, minced
- ½ fresh tomato, minced
- 1 tsp. salt
- ¼ tsp. garlic powder
- Pepper to taste

**Method**
- Wrap the frozen spinach in paper towels and squeeze to remove excess moisture.
- Combine spinach, cream cheese, yogurt, onions, tomato, salt, and garlic powder in a bowl and mix well. For a smoother texture, a food processor or blender can be used.
- Add pepper to taste, if desired.
- Serve immediately or refrigerate for later use.