

Seasonal Eating

Popeye's Dip

- 2 cups sour cream
- 1/2 cup mayonnaise
- 1/2 teaspoon hot pepper sauce
- 1/2 cup freshly grated Parmesan cheese
- 2 cloves garlic, minced
- 1/4 cup seeded and finely chopped red bell pepper
- 1/4 cup seeded and finely chopped yellow pepper
- 1 (10-ounce) box frozen leaf spinach, thawed and drained well
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper

In a large bowl, stir together the sour cream, mayonnaise, hot pepper sauce and Parmesan until smooth. Add garlic, bell peppers and spinach and then mix in the salt and pepper. Cover and refrigerate for at least 4 hours or up to 2 days. Stir just before serving with vegetables or crackers.