

CARBCONTROL RECIPES

SNACKS – great for entertaining guests!

Green on Green

1 pkt frozen chopped spinach, thawed and drained well
2 cups mayonnaise
¼ cup chopped white onion
1 small clove garlic, minced
1 Tbsp lemon juice
1 med cucumber, sliced into round medallions
Olive slices for garnish

Blend first 5 ingredients in a food processor until well mixed. Refrigerate at least 4 hours or overnight. While very cold, form small balls with the spinach mix and place each one on a cucumber medallion. Top with olive slice and serve on a platter.