

Your *Lindo's* Shopping List



Original Ranch Spinach Dip

Hidden Valley Original Ranch Dips Mix

plain non-fat Greek yogurt

light sour cream

frozen chopped spinach, thawed and well-drained

chopped walnuts (or consider using pecans or water chestnuts)

Baked Chicken Tenders

Hidden Valley Original Ranch Salad Dressing & Seasoning Mix

non-fat Greek yogurt

low-fat buttermilk

1 package (20 oz) chicken tenders

whole wheat bread crumbs

sliced almonds

garlic powder

pepper

olive oil cooking spray

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RECIPE FROM
HIDDEN VALLEY RANCH

**Yummy
Recipes
for Bermuda**

Courtesy **This Week in Bermuda**

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