

Spinach-Artichoke Dip

Makes 10 appetizer servings



Ingredients

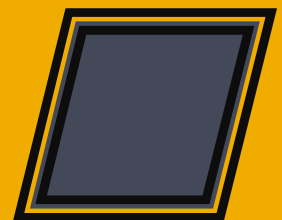
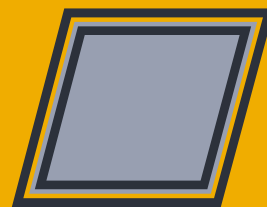
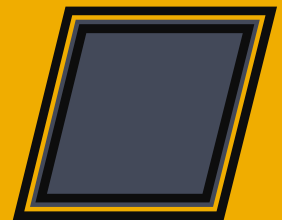
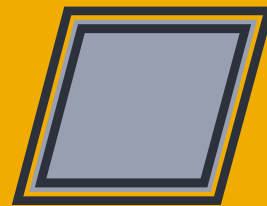
- 1 (14 oz) can artichoke hearts, drained and chopped
- 1 (10 oz) package frozen chopped spinach, thawed and drained
- 1 (8 oz) package 1/3 less fat cream cheese, softened
- ½ cup fat-free sour cream
- 1 garlic clove, chopped
- 1 tablespoon fresh lemon juice
- ¼ teaspoon ground red pepper
- ¼ cup freshly grated parmesan cheese
- ¼ cup shredded part-skim mozzarella cheese
- Fresh pita wedges or baked pita chips and fresh vegetables

Preparation

1. Preheat oven to 375°. Stir together artichoke hearts, spinach, cream cheese, mozzarella cheese, sour cream, lemon juice, garlic, and ground red pepper in a medium bowl. Spoon spinach mixture into a shallow 1 1/2-qt. baking dish; top with freshly grated parmesan cheese. Bake 25 to 30 minutes or until golden. Serve with pita chips/wedges and fresh vegetables.

Nutrition Analysis per serving

Calories: 100 Sodium: 330 mg
Total Fat: 7 g Carbohydrates: 5 g
Saturated Fat: 4 g Protein: 5 g
**Does not include pita or fresh vegetables



Adapted from:
<http://www.myrecipes.com/recipe/spinach-artichoke-dip-50400000116234/>