

Creamy Spinach Dip

Artichokes make this creamy spinach dip chunky and satisfying without adding loads of extra fat that the traditional versions has. Artichokes are also high in fiber and make for an excellent salad dressing.

Serves 6-8

Ingredients

2 cups shredded part-skim mozzarella cheese, divided
2 cups fat-free plain yogurt
1 14-ounce can artichoke hearts, drained and chopped
1 8-ounce block reduced fat cream cheese, room temperature
2 cups fresh baby spinach leaves, thinly sliced
1/4 cup grated fresh Parmesan cheese, divided
2 garlic cloves, minced
1/4 teaspoon black pepper
1/4 teaspoon mild chili powder
1/4 teaspoon salt
non-stick cooking spray
1 bag whole grain tortilla chips (about 16 cups)

Directions

Coat a 8×12 baking dish with cooking spray. Set aside. Preheat the oven to 400° F.

In a large bowl, add half the mozzarella, yogurt, artichokes, cream cheese, spinach, half the Parmesan, garlic, pepper, chili, and salt. Mix with a wooden spoon until the spinach and artichokes are well combined. Transfer to baking dish and sprinkle with remaining mozzarella and Parmesan.

Bake 10-15 minutes uncovered until the cheese begins to brown and the dip is warm. Serve immediately with chips.

Make It A Party

Serve it with Guacamole, Crostini with White Cheddar, Apples and Onion or Spicy Tuna Cups

Wine Pairing

Gewürztraminer, Rose

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