

SAUSAGE AND SPINACH DIP WITH PITA CHIPS

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 16 (Serving= 1/4 cup serving with 4 pita chips)

Nutrition (per serving)

Calories: 140

Total Fat: 7 g

Saturated Fat: 3 g

Sodium: 283 mg

Total Carbohydrate: 13 g

Dietary Fiber: 2 g

Protein: 7 g



Ingredients

Pita Chips

- 8 whole wheat pita bread halves
- Cooking spray

Dip

- Cooking spray
- 3 turkey or chicken sausage links
- 1 (10 ounce) package frozen chopped spinach (thawed with liquid squeezed out)
- 1 (8 ounce) 1/3 less fat cream cheese (room temperature)
- ½ cup light sour cream
- Mrs. Dash® any flavor
- 1 (14.5 ounce) can no added salt diced tomatoes (liquid drained)
- 1 (4.5 ounce) can chopped green chilies
- 1/3 cup shredded part-skim mozzarella cheese
- 1/8 cup grated Parmesan cheese

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Cut pita bread into triangles. Each half can be cut into 4 triangles and each triangle can be split into 2 pieces.
3. Place triangles on large baking sheet and spray with cooking spray. Sprinkle with Mrs. Dash®. Bake triangles for 5-10 minutes or until crisp.
4. Cut open and remove casings on sausage links. In a small skillet, cook sausage meat on medium heat using a spatula to separate into ground pieces until no longer pink.
5. In a medium bowl, combine sausage and the rest of the ingredients. Stir well to thoroughly mix in cream cheese.
6. Pour dip into 8 x 8" baking pan. Bake for 25-30 minutes or until bubbling. Stir mid-way through cooking.