

BAKED SPINACH ARTICHOKE DIP

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/2 cup

Nutrition (per serving)

Calories: 86	Total Carbohydrate: 8
Total Fat: 3 g	Dietary Fiber: 3 g
Saturated Fat: 2 g	Protein: 7 g
Sodium: 233 mg	

Ingredients

- 1 (14 oz.) can artichoke hearts, drained and chopped
- 1 (10oz.) package frozen chopped spinach, thawed and drained
- 1 cup low-fat plain yogurt
- 1 cup shredded low-moisture part-skim Mozzarella cheese
- ¼ cup chopped green onion
- 1 garlic clove, minced
- 2 tbsp chopped red pepper

Directions

1. Combine all ingredients except red pepper and mix well.
2. Pour mixture into a 1-quart casserole dish or a 9-inch pie plate.
3. Bake at 350° F for 20-25 minutes or until heated through and sprinkle with red peppers.
4. Serve with whole-grain crackers, or whole-wheat toasted pitas.