



# Spinach & Artichoke Dip

**Servings : 12**

**Equipment:**

Oven, measuring cups, large bowl, spatula or mixing spoon, cutting board, knife, sauté pan with lid, baking dish

**Ingredients:**

- 1 12 oz bag of frozen spinach
- 1 14 oz jar of marinated artichoke hearts, chopped
- 1/2 onion, chopped
- 1 tsp garlic, minced
- 8oz light cream cheese, softened
- 1/2 cup reduced fat parmesan, grated
- 1/2 cup 2% milk reduced fat cheddar, grated
- 1 cup part skim mozzarella, grated
- 1/4 tsp basil, dried
- 1/4 tsp oregano, dried
- Dash black pepper
- 1 tsp extra-virgin olive oil
- Cooking spray

**Preparation:**

1. Preheat oven to 375 degrees F.
2. Sauté onions with in extra-virgin olive oil over medium heat. Once they begin to soften, add garlic and frozen spinach. Cook with lid on until most of the water from the spinach is removed. Remove from heat and add mixture to a bowl large bowl. Set aside.
3. Add chopped artichokes, softened cream cheese, parmesan, cheddar cheese, 1/2 of the mozzarella, pepper, basil, and oregano. Stir to combine well. Add mixture to a sprayed baking dish.
4. Bake for 20 minutes, then top with the remaining 1/2 cup of mozzarella cheese.
5. Bake another 15 minutes until the top is bubbly.
6. Cool 10 minutes prior to serving. \*\*
7. Enjoy!

**\*Serving Note:** Serve with tortilla chips, crackers, or crusty bread!

**\*Storage Note:** Store in an airtight container in the refrigerator for up to a week.

Nutrition Facts per serving:

**Calories 134.8**

- Total Fat 9.7g (12%)
- Saturated Fat 4g (19.9%)
- Trans Fat 0.2g
- Cholesterol 22.8mg (8%)
- Sodium 353.2mg (15%)
- Total Carbohydrate 5g (2%)
- Dietary Fiber 2.2g (8%)
- Total Sugars 1.2g
- Added Sugars 0% (0%)
- Protein 8g
- Vitamin D 0.1mcg (1%)
- Calcium 218.6mg (17%)
- Iron 0.7mg (4%)
- Potassium 165.9mg (4%)

