



Spinach and Artichoke Dip

Prep time: 10 minutes

Cook time: 25 minutes

Total time: 35 minutes

Ingredients:

- 1 can (14 ounces) artichoke hearts, chopped
- 1 cup non-fat plain Greek yogurt
- 1 package (10 ounces) chopped frozen spinach, thawed
- 1 1/3 cup part skim shredded mozzarella cheese
- 1 clove of garlic, minced
- ¼ cup chopped red onion
- 2 tablespoons red pepper flakes

Directions:

- Preheat oven to 350° Fahrenheit
- Mix artichoke hearts, Greek yogurt, spinach, cheese, garlic, and onion in a bowl. Pour into casserole dish and bake for 20-25 minutes.
- Sprinkle dish with red pepper flakes



Nutrition Facts

Serving Size: ½ cup

Servings Per Recipe: 10

Amount Per Serving

Calories **87**

Total Fat **4g**

Saturated Fat **2g**

Sodium **310mg**

Total Carbohydrate **5g**

Dietary Fiber **2g**

Sugars **2g**

Protein **8g**