

Lightened Spinach Artichoke Dip

Yield: 12 servings

Ingredients:

4 ounces reduced-fat cream cheese (room temperature)
2 cups plain non-fat Greek yogurt
10 ounces frozen spinach defrosted and drained
1/2 cup jarred artichokes drained and chopped
1/4 cup freshly grated Parmesan cheese
1/3 cup Feta cheese crumbled
2 teaspoons minced garlic
1/4 teaspoon crushed red pepper flakes (optional)
1/2 teaspoon lemon zest
1 teaspoon fresh lemon juice
1/2 teaspoon kosher salt



Directions:

1. Mix together all ingredients until well incorporated and transfer to a 1 quart baking dish.
2. Bake at 350 degrees for 20-25 minutes or until light and fluffy.

Nutrition Per Serving (1/4 cup): Calories: 65, Carbohydrate: 3g, Sugar: 1g, Protein: 6g, Fat: 3g, Saturated Fat: 1g, Cholesterol: 11mg, Sodium: 250mg

Source: <https://amindfullmom.com/skinny-spinach-artichoke-dip/>



Health Plus: Advancing healthy lifestyle practices.