

SPINACH & ARTICHOKE DIP

Serves 10

INGREDIENTS

- 1 10-ounce package frozen spinach, thawed and drained
- 1/4 cup fresh basil, chopped (*optional*)
- 1 (15-ounce) can cannellini beans, unsalted
- 1 (14-ounce) can artichoke hearts, unsalted (or frozen)
- 1 clove garlic, chopped
- 3 ounces low-fat cream cheese
- 1/8 teaspoon sea salt
- 1/8 teaspoon ground black pepper
- 1/2 cup low-fat, low-sodium mozzarella cheese, shredded



DIRECTIONS

1. Combine spinach, basil, cannellini beans, artichoke hearts, garlic, sea salt, and pepper in a food processor.
2. Add juice from artichoke hearts as needed to help blend.
3. Transfer to a bowl and fold in mozzarella cheese and cream cheese.
4. Heat in microwave until warm. Stir.
5. Serve with pita chips or fresh vegetables. Baby carrot sticks work well.

NUTRITION INFORMATION PER SERVING (about 1/2 cup)

Calories: 146, Total Fat: 5g, Saturated Fat: 1g, Cholesterol: 6mg, Sodium: 180mg, Carbohydrate 17g, Fiber: 7g, Sugar: 1g, Protein: 10g

SOURCE Stacey Antine, MS, RD
