

Spinach Artichoke Dip

Combining spinach and artichoke in dishes not only creates a tantalizing flavor profile but also boosts the nutritional content of your meals.

Makes: 32 Servings
 Prep Time: 10 minutes
 Cook Time: 20 minutes

Source: Utah State University

Ingredients

- 6 oz frozen or fresh spinach
- 14 oz can of artichoke hearts
- 1/2 cup cottage cheese
- 1/2 cup low fat mozzarella cheese
- 1/2 cup parmesan cheese
- 1/2 tsp salt
- 1/2 tsp cracked black pepper
- 1/2 tsp garlic powder
- 1 cup low fat plain Greek yogurt

Directions

1. Dethaw frozen spinach and drain any excess water (this step is only necessary if using frozen spinach)
2. Shred parmesan and mozzarella cheese if not already shredded.
3. Preheat oven to 400F and add all of the ingredients to a baking pan, mix till all ingredients are evenly incorporated.
4. Bake for 20 minutes, serve with tortilla chips or on whole wheat bread for a cheesy spinach artichoke sandwich.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 2 Tablespoons

Nutrients	Amount
Calories:	49
Total Fat:	0.9g
Saturated Fat:	0.5g
Cholesterol:	2mg
Sodium:	677mg
Total Carbohydrates:	8.3g
Dietary Fiber:	4.7g
Total Sugars:	1g
Added Sugars:	0g
Protein	3.7g

Utensils Needed

- Baking pan
- Cheese grater
- Mixing spoon
- Measuring spoons
- Measuring cups



SHOPPING LIST

Average total cost without oil and seasonings: \$16.74

Average cost/serving: \$.52

Makes: 32 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Fresh or frozen spinach



Add 1 to Cart
Low-fat mozzarella cheese



Add 1 to Cart
Artichoke hearts



Add 1 to Cart
Parmesan cheese



Add 1 to Cart
Cottage cheese



Add 1 to Cart
Low-fat plain greek yogurt

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- If using fresh spinach, sauté until wilted, then squeeze dry. If using frozen spinach, thaw and squeeze dry.
- Drain artichoke hearts thoroughly to get rid of excess liquid.
- Enhance taste with a hint of mustard, a splash of lemon juice, or a pinch of red pepper flakes.

