

BAKED SPINACH ARTICHOKE DIP

Bariatric, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving = 1/2 cup)

Nutrition (per serving)

Calories: 104

Total Fat: 5 g

Saturated Fat: 3 g

Sodium: 237 mg

Total Carbohydrate: 7 g

Dietary Fiber: 2 g

Total Sugars: 2 g

Protein: 6 g

Ingredients

- 1 – 14 ounce can artichoke hearts, drained, rinsed, and chopped
- 1 – 10 ounce package frozen chopped spinach, thawed and drained
- ½ cup non-fat plain Greek yogurt

- 4 ounces reduced fat cream cheese, softened
- 1 cup shredded low-moisture part-skim mozzarella cheese
- ¼ cup thinly sliced green onion tops
- 1 teaspoon minced garlic



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Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large bowl, combine all ingredients until evenly mixed.
3. Pour mixture into 1-quart casserole dish or a 9-inch pie plate.
4. Bake for 20-25 minutes.

**Optional: Top with diced red bell pepper. Serve with whole-grain crackers or whole-wheat toasted pitas.*

To make bariatric diet friendly:

Reduce serving size to ¼ cup

Updated bariatric nutrition information: Calories 52, Total Fat 2.5g, Sat Fat 1.5g, Sodium 119mg, Total Carbohydrate 3.5g, Fiber 1g, Sugar 1g, Protein 3g