

BAKED SPINACH ARTICHOKE DIP

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/2 cup

Nutrition (per serving)

Calories: 86

Total Carbohydrate: 8 g

Total Fat: 3 g

Dietary Fiber: 3 g

Saturated Fat: 2 g

Protein: 7 g

Sodium: 233 mg

Ingredients

1 (14 oz.) can artichoke hearts, drained and chopped

1 (10oz.) package frozen chopped spinach, thawed and drained

1 cup low-fat plain yogurt

1 cup shredded low-moisture part-skim Mozzarella cheese

¼ cup chopped green onion

1 garlic clove, minced

2 tbsp chopped red pepper



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HEALTHCARE

Directions

1. Combine all ingredients except red pepper and mix well.
2. Pour mixture into a 1-quart casserole dish or a 9-inch pie plate.
3. Bake at 350° F for 20-25 minutes or until heated through and sprinkle with red peppers.
4. Serve with whole-grain crackers, or whole-wheat toasted pitas.