

Baked Spinach Artichoke Yogurt Dip

Recipe created by 3-A-Day of Dairy

- 1 (14 oz.) can artichoke hearts, drained and chopped
- 1 (10 oz.) package frozen chopped spinach, thawed and drained
- 1 (8 oz.) container lowfat plain yogurt
- 1 cup (4 oz.) shredded part-skim Mozzarella cheese
- 1/4 cup chopped green onion
- 1 garlic clove, minced
- 2 tbsp chopped red pepper

Combine all ingredients except red pepper and mix well. Pour mixture into 1-quart casserole dish or 9-inch pie plate. Bake at 350 degrees for 20-25 minutes or until heated through and sprinkle with red peppers. Serve with toasted bread or whole grain crackers.

Makes 8 servings: Per serving: calories 80, total fat 3 g (2 g saturated fat), cholesterol 10 mg, sodium 220 mg, calcium 20% daily value, protein 8 g, carbs 7 g, fiber 1 g

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