

Skinny Spinach Artichoke Dip

A typical restaurant order of spinach artichoke dip has about 1,600 calories, 100 grams of fat and 2,500 milligrams of sodium. Greek yogurt is the star of this skinny version, keeping the creaminess but shedding the unhealthy fat.

Makes: 8 servings

Serving Size: ½ cup

Ingredients

- 1 can (14 ounces) artichoke hearts, drained and chopped
- 1 package (10 ounces) frozen, chopped spinach, thawed and drained
- 8 ounces (1 cup) plain, nonfat Greek yogurt
- 8 ounces Neufchatel or low-fat cream cheese
- ¼ cup green onions, chopped
- 1 can (4 ounces) diced Jalapeno chilies, drained (optional)

Instructions

1. Combine all ingredients and mix well.
2. Pour mixture into 1-quart casserole dish or 9-inch pie plate.
3. Bake at 350 degrees for 20-25 minutes or until heated through.
4. Serve with whole grain crackers and vegetable crudité.

Nutrition (per serving)

Calories 100, Total Fat 5g, Saturated Fat 3g, Carbohydrates 7g, Protein 7g, Fiber 2g, Sodium 291mg