

# Spinach Artichoke Dip

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 8 servings | Serving Size: ½ cup

## Ingredients

4 ounces reduced-fat cream cheese  
(Neufchatel), softened

¾ cup plain reduced-fat or nonfat Greek yogurt

2 cloves garlic, minced

¼ teaspoon salt

½ teaspoon ground black pepper

¼ teaspoon red pepper flakes (optional)

½ teaspoon onion powder

1 (14-ounce) can or jar artichoke hearts,  
drained and chopped, removing any hard pieces

1 (10-ounce) package frozen chopped spinach,  
thawed and squeezed to drain excess liquid

1 cup shredded mozzarella cheese, divided

1/4 cup shredded or grated parmesan cheese

1 (4-ounce) can mild green chilies, drained

## Directions

1. Preheat the oven to 400°F.
2. In a large bowl, stir together the cream cheese, yogurt, garlic, salt, pepper, pepper flakes (if using), and onion powder until combined.
3. Add the artichoke hearts, spinach, ½ cup mozzarella, and green chilies. Stir well.
4. Transfer the mixture to a 1½- to 2-quart baking dish.
5. Sprinkle the mixture with the parmesan and the remaining ½ cup mozzarella.
6. Bake until hot and bubbly, about 25 minutes.
7. Serve with whole-grain chips, whole-wheat crackers, crusty bread, or firm vegetables such as carrots or celery.

## Recipe Notes

- Can also be used as a topping for pizza or on a sandwich.
- This recipe is best when freshly prepared, but can be kept in the refrigerator for up to 5 days and reheated for serving again

**Nutrition Facts Per Serving:** Calories: 95 | Total Fat: 5 g | Saturated Fat: 3 g  
Sodium: 290 mg | Total Carbohydrate: 5 g | Dietary Fiber: 2 g | Protein: 7 g

Adapted from House of Nash Eats Blog | Submitted by Robin LaCroix, RD, CSO  
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