

Hot Spinach & Artichoke Dip

This recipe is easy to throw together for a quick, crowd-pleasing appetizer! Using frozen spinach and canned artichokes makes for quick and easy prep for anytime the craving strikes.

YIELD 16 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 35 MIN
------------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

10 oz	Frozen Spinach, chopped
8 oz	Light Cream Cheese
1 (14oz) can	Chopped Artichoke Hearts, drained
¼ cup	Greek Yogurt, nonfat
½ cup	Parmesan, grated, <u>divided</u>
½ cup	Mozzarella, part skim, shredded, <u>divided</u>
¼ tsp	Kosher Salt
½ tsp	Garlic Powder
½ tsp	Crushed Red Pepper Flakes (optional)

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F. Spray a 9"x9" casserole pan or oven-safe baking dish (at least 1 quart capacity) with nonstick cooking spray and set aside.
2. In a microwave safe bowl, add the spinach, cover tightly and heat for 5-8 minutes until wilted. If necessary, drain any excess liquid.
3. In a medium sized microwave safe bowl, heat the cream cheese on high for one minute then stir. Continue heating in 30 second increments, stirring between, until cream cheese is smooth and pliable.
4. Add the cooked spinach, chopped artichokes, yogurt, ¼ cup parmesan, ¼ cup Mozzarella, salt, garlic powder, and crushed red pepper flakes (if using), to the softened cream cheese. Stir until thoroughly combined.
5. Transfer the mixture to the prepared baking dish and top with the remaining parmesan and mozzarella cheeses.
6. Bake for 10-15 minutes or until heated through and bubbly.
7. Increase the oven temperature to 400°F and cook for approximately 5 more minutes, or until the top is golden brown. Alternatively, place under the broiler.



CHEF'S NOTES

Serve with our Homemade Tortilla Chips, carrots or celery sticks for a delicious appetizer. You can also serve this inside a phyllo or puff pastry cup for a portable, portion-controlled snack for your holiday guests.

Nutrition Facts

14 servings per container

Serving Size 1/4 cup (82 g)

Amount per serving

Calories 90

% Daily Value *

Total Fat 5g 6%

Saturated Fat 3g 16%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 270mg 12%

Total Carbohydrate 4g 0%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 6g 12%

Vitamin D 0.04mcg 0%

Calcium 140mg 11%

Iron 0.44mg 2%

Potassium 90mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from: Food Network, "Hot Spinach and Artichoke Dip" (2004)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

