



Spinach Artichoke Dip

Ingredients

- 1/2 cup nonfat Greek yogurt
- 1/3 cup Neufchatel or other reduced-fat cream cheese, softened
- 1/4 cup shredded Parmesan cheese
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 3 cups spinach, chopped
- 1 14-ounce can water-packed artichoke hearts, chopped
- 1 cup shredded part-skim mozzarella cheese
- Crusty bread, tortilla chips, pita chips or crackers for serving

Instructions

- Preheat the oven to 375 degrees F.
- Whisk the yogurt and cream cheese together until no cream cheese lumps remain. Stir in the Parmesan, salt and garlic powder, then stir in the spinach, artichokes and mozzarella.
- Spread the dip in an oven-safe baking dish. Bake for 20 minutes, until the dip is bubbling at the edges.
- Serve warm with crusty bread, tortilla chips, pita chips or crackers.