

Spinach Artichoke Dip

Heart Health

Items Needed: cutting board, knife, measuring cups, measuring spoons, fork, whisk, skillet.

Serves: 16 (1/4 cup servings) without chips

Ingredients:

- 1 package (8oz.) fat free cream cheese
- 1 (6oz) cup of fat free greek yogurt
- 1 medium onion
- ½ can of artichoke hearts drained
- ¼ cup of grated parmesan cheese
- ½ tsp granulated garlic
- 2 cups of frozen spinach thawed and drained.
- Salt and Pepper to taste
- 1 tsp olive oil

Directions:

1. Bring saute pan to medium heat and add olive oil. Slice your onions and cook until caramelized.
2. While the onions are cooking, roughly chop your artichokes and add them to your mixing bowl.
3. Add remaining ingredients to the bowl and mix until well combined.
4. Once the onions are caramelized add them to the mixture and mix everything together until evenly distributed.
5. Season with salt and pepper and serve with crostini's, tortilla chips or crackers, whatever you fancy.

Nutrition Information (per ¼ cup):

Calories: 40 Fat: 1.1 g Carbs: 3.6 g Protein: 4.5 g Fiber: .3 g Sodium: 216 mg

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