

Baked Spinach Artichoke Yogurt Dip

- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 (10-ounce) package frozen chopped spinach, thawed and drained
- 1 (8-ounce) container lowfat plain yogurt
- 1 cup (4-ounces) shredded part-skim Mozzarella cheese
- 1/4 cup chopped green onion
- 1 garlic clove, minced
- 2 tablespoons chopped red pepper

1. Combine all ingredients except red pepper and mix well. Pour mixture into 1-quart casserole dish or 9-inch pie plate.
2. Bake at 350 degrees Fahrenheit for 20 to 25 minutes or until heated through and sprinkle with red peppers. Serve with toasted bread or whole grain crackers.

Makes 8 servings.

Prep time: 10 minutes

Cook time: 20 minutes

Nutritional Facts per serving for individual food recipe: Calories 80; Total Fat 3 g; Saturated Fat 2 g; Cholesterol 10 mg; Sodium 220 mg; Calcium 20% Daily Value; Protein 8 g; Carbohydrates 7 g; Dietary Fiber 1 g.

Recipe and photograph provided courtesy of 3-A-Day of Dairy.