



RECIPES

Skinny Spinach and Artichoke Dip

INGREDIENTS:

8oz reduced fat cream cheese
16oz plain, non-fat Greek yogurt
2 tablespoons butter
1 ½ cups parmesan cheese
14oz quartered artichoke hearts
(not marinated), drained and
coarsely chopped
4oz diced jalapenos, drained (if
you like it spicier, don't drain)
10oz frozen spinach, thawed and
drained
2-3 cloves garlic, minced

INSTRUCTIONS:

1. In a pot over medium heat, melt cream cheese, yogurt, butter and cheese. Stir frequently until melted and an even consistency. It should start to bubble slightly.
2. Stir in artichokes, jalapenos, spinach and garlic. Let bubble for a few minutes and remove from heat.
3. Enjoy with whole wheat crackers, bread or veggies.

Makes about 5 cups

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