Spinach Artichoke Dip



Recipe photo may include ingredients that are not a part of this recipe and not included in the nutrition information.

Directions

- In a small pot, boil spinach and artichokes in 1 cup water until tender.
- Discard liquid, drain well and set artichokes and spinach aside in a bowl.
- In the same pot, melt Laughing Cow cheese wedges over low heat.
- Add remaining ingredients; mix well and continue to cook for additional 1-2 minutes.
- Add drained spinach and artichokes to pot and stir.
- Cook additional 2 minutes.
- Serve warm with your choice of vegetables or whole-wheat crackers.

Ingredients

- Frozen artichoke hearts (chopped and thawed) (1 ½ cup)
- Frozen spinach (chopped, thawed) (1 cup)
- Light garlic and herb cheese (wedges) (5)
- Lemon juice (from ½ med lemon) (1 tbsp)
- Light mayonnaise (2 tbsp)
- Parmesan cheese (grated) (3 tbsp)
- Crushed red pepper flakes (1/4 tsp)

Nutritional Information

Calories..... 35
Total Fat..... 1.5g
Saturated Fat..... 1g
Sodium..... 140mg
Total Carbohydrate..... 3g
Dietary Fiber..... 1g
Protein..... 2g

Serving Size..... 2 Tbsps
Recipe Yields..... 12 servings

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Adapted from Diabetes Food Hub