



# Hot Spinach and Artichoke Dip

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Recipe Source: [www.skinnytaste.com](http://www.skinnytaste.com)

## Ingredients:

1 can (13.75 oz) artichoke hearts packed in water, drained  
10 oz frozen spinach, thawed and squeezed  
¼ cup chopped shallots  
1 clove garlic, sliced  
½ cup Greek yogurt  
½ cup light mayonnaise  
¾ cup Parmigiano Reggiano  
4 oz shredded part skim mozzarella cheese  
Salt and fresh pepper to taste

## Steps:

- Preheat oven to 375° F. Spray a 1 ½ quart oven-proof dish with cooking spray.
- In a small food processor, coarsely chop the artichoke hearts with the garlic and shallots.
- Combine remaining ingredients in a medium bowl then stir in artichoke mixture. Place in the prepared dish and bake in preheated oven 20-25 minutes, until hot and cheese is melted. Serve right away.
- Can be made one day in advance and stored in the refrigerator before baking.

**Nutritional Facts (per serving):** Calories: 114, Carbohydrates: 6 grams, Protein: 6 grams, Total Fat: 8 grams, Saturated Fat: 3 grams, Cholesterol: 17 mg, Sodium: 329 mg, Fiber: 1 gram, Total Sugars: 2 grams.