



HEALTHY SPINACH ARTICHOKE DIP

ingredients

- 14 oz artichoke hearts drained well and cut in small pieces
- 5 oz frozen spinach about 2.5 cups. thawed & drained
- 1 cup non fat greek yogurt
- 1/2 cup small curd cottage cheese
- 1 cup shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

instructions

1. Preheat oven to 400
2. Thaw and drain spinach thoroughly. You can use a strainer and a paper towel to absorb the liquid.
3. In a bowl mix all ingredients until thoroughly combined.
4. Pour dip mixture into a glass 8x8 or medium oval pan (top with extra cheese if desired) and bake at 400 for 25 minutes.
5. Broil for 1-2 minutes before serving to get cheese on top brown and melty.