Reduced Fat Hot Artichoke Dip

Ingredients

- 1 cup Chopped frozen artichoke hearts
- 1/2 cup frozen chopped spinach
- 2 tbsp water
- 4 oz reduced-fat cream cheese
- 4 oz 2% Greek yogurt
- 1/2 cup grated parmesan cheese
- 2 tbsp low-fat milk
- 1/2 tsp salt
- 1/4 tsp garlic powder
- 1 pinch black pepper

Summary

Yield: 3
Source: Doctor Oz show
Prep Time: 20 minutes
Category: Appetizers
Cuisine: American

Instructions

Directions

1. Combine diced artichoke hearts and chopped spinach in a microwave-safe bowl with 2 tablespoons of water.

2. Cover bowl with plastic and poke a few holes in it to vent. Microwave vegetables on high for 6 minutes.

3.Combine remaining ingredients in a small saucepan.

4.Add the steamed artichokes and spinach and place pan over medium/low heat, stirring often for 10 minutes or until simmering.

5. Just before serving, you may wish to broil the dip in an oven-safe dish for 1 to 2 minutes (under high broil) or just until slightly brown on top. Serve with crackers, toasted bread, pita chips or raw vegetables for dipping.

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Nutritional Facts

For 1 (1/2 cup) serving

230 calories
14 g fat