

## Baked Spinach Artichoke Dip

### Ingredients:

2 cups of artichoke hearts (no salt or fat added), drained and chopped  
1 (10 ounce) package of frozen chopped spinach, thawed and drained  
1 (8 ounce) container of low-fat plain yogurt  
1/4 cup of chopped green onion  
1 clove of garlic, minced  
2 tablespoons of chopped red pepper

### Instructions:

1. Combine all ingredients except red pepper and mix well.
2. Pour mixture into 1-quart casserole dish or 9-inch pie plate.
3. Bake at 350 degrees for 20-25 minutes or until heated through.
4. Sprinkle with red peppers.
5. Serve with tortilla chips and/or fresh vegetables.

### Nutritional Information:

Serving size: 1 serving	Carbohydrates: 71g
Total calories: 420	Dietary fiber: 39g
Total fat: 7g	Sugars: 23g
Protein: 31g	Sodium: 580mg
Saturated fat: 3g	



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Recipe adapted from allrecipes.com