



Eat Well

## Baked Spinach and Artichoke Yogurt Dip

### Directions

Combine all ingredients except red pepper and mix well. Pour mixture into 1-quart casserole dish or 9-inch pie plate. Bake at 350 degrees F for 20 to 25 minutes or until heated through. Sprinkle with red peppers.

*Servings: 8*

### Ingredients

- » 1 can (14oz) artichoke hearts, drained and chopped
- » 1 packaged (10oz) frozen chopped spinach, thawed and drained
- » 8oz plain low-fat yogurt
- » 1 cup shredded low-moisture part-skim mozzarella cheese
- » ¼ cup green onion, chopped
- » 1 garlic clove, minced
- » 2 Tbsp red pepper, chopped

**Nutrition information per serving:**  
Calories: 140, Fat: 7g, Protein: 7g,  
Carbohydrates: 13g, Sodium: 330mg

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Source: Midwest Dairy Association

