



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Spinach Artichoke Dip

Serves 14

Ingredients:

- 10-ounce package frozen spinach, cooked and drained
- 6 oz. plain Greek yogurt
- 1 (8-ounce) package light (1/3 less fat) cream cheese, softened
- 1 15 oz. can plain artichoke hearts, drained and chopped
- 3 tablespoons Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup shredded mozzarella cheese

Directions:

1. Preheat the oven to 400° F.
2. In a mixing bowl combine spinach, yogurt, cream cheese, artichoke hearts, Parmesan cheese, garlic, onion powder, salt, and black pepper.
3. Then stir in the mozzarella cheese until well combined, and transfer to a baking dish spreading evenly.
(Tip: Either a 2-quart dish or a square 9"x9" dish work well)
5. Bake until the cheese is browned and the sides are bubbly, 25–35 minutes.