



## Skillet Spinach Artichoke Dip

Serves 14

### Ingredients:

- 14 frozen bread rolls (e.g. Rhodes), thawed
- 1 (8-ounce) package light ( $\frac{1}{3}$  less fat) cream cheese, softened
- 6-oz. nonfat plain Greek yogurt
- 1 tsp. garlic powder
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. black pepper
- 1 tsp. onion powder
- 1 15-oz. can artichoke hearts, drained and chopped
- 10-oz. package frozen spinach, thawed and drained
- 1 cup mozzarella shredded cheese
- 3 Tbsp. Parmesan cheese

### Directions:

1. Preheat the oven to 400° F.
2. Prepare cast iron skillet with non-stick cooking spray. Arrange rolls around the perimeter of the skillet. Let set and double in size (about 30 minutes).
3. In a mixing bowl combine cream cheese, yogurt, garlic, salt, black pepper, and onion powder.
4. Then stir in the artichoke hearts, spinach, mozzarella cheese, and Parmesan cheese. Then stir to combine.
5. Transfer the dip to the middle of the skillet. Bake until the cheese and rolls are browned, about 25-30 minutes.