



Hot Artichoke-Spinach Dip

1 cup chopped artichoke hearts (canned in water or frozen and thawed)
1/2 cup (generous) frozen chopped spinach, thawed
8 oz. reduced fat cream cheese
1/2 cup grated parmesan cheese
1/2 tsp. crush red pepper flakes
1/4 tsp. salt
1/4 tsp. garlic powder

- Boil spinach and artichoke hearts in 1 cup water in small saucepan over medium heat until tender, about 10 min. Drain in colander when done.
- Heat cream cheese in small bowl in microwave set on high, for 1 min. Or, use a saucepan to heat cheese over medium heat just until hot.
- Add spinach/artichoke mixture to cream cheese and stir well.
- Add remaining ingredients and mix.

Serve warm with Triscuits or Wheat Thins.

Recipe adapted from *Top Secrete Recipes*

Nutritional Information (per 1/2 cup):

Calories: 86	Carbohydrates: 4.2g
Total Fat: 5.5g	Fiber: 1.3g
Saturated Fat: 3.4g	Protein: 5.3g