

# SPINACH ARTICHOKE DIP

Prep Time: 5 min

Total Time: 33 min

Servings: 8

## Ingredients

1 CUP 2% FAT COTTAGE CHEESE

½ BLOCK (4 OUNCES) 1/3 LESS FAT CREAM CHEESE

1 JAR MARINATED ARTICHOKE HEARTS, DICED

(DO NOT DISCARD THE LIQUID)

1 BOX FROZEN SPINACH, THAWED, DRAINED & CHOPPED (~1 CUP)

2 TSP MINCED GARLIC

2 GREEN ONIONS, DICED

¾ CUP MOZZARELLA CHEESE

2 TBSP. PARMESAN CHEESE

1 TSP GROUND PEPPER

## Directions

PREHEAT OVEN TO 350 DEGREES.

PUT COTTAGE CHEESE, CREAM CHEESE, LIQUID FROM ARTICHOKE

HEARTS, ONIONS, GARLIC & PEPPER IN A FOOD PROCESSOR

AND PROCESS UNTIL BLENDED AND SMOOTH.

TRANSFER TO A MEDIUM BOWL.

ADD CHOPPED SPINACH, DICED ARTICHOKE HEARTS AND

PARMESAN CHEESE TO BOWL WITH THE BLENDED CHEESE.

STIR UNTIL ALL INGREDIENTS ARE WELL COMBINED.

TRANSFER MIXTURE TO AN 8X8 OR 9X6 BAKING DISH, THEN

TOP WITH MOZZARELLA CHEESE.

BAKE AT 350 FOR 25 MINUTES, THEN BROIL FOR 2-3 MINS TO

BROWN THE CHEESE AND BUBBLE.

SERVE WITH TORTILLA CHIPS, BREAD, CRACKERS OR VEGGIES.

ENJOY!