

Hot Spinach and Artichoke Dip



From the Sensenig's Recipe Book

Ingredients

- 13.75 oz Artichoke Hearts packed in water - drained
- 10 oz frozen spinach, thawed and squeezed
- 1/4 cup chopped shallots
- 1 clove garlic
- 1/2 cup fat free Greek yogurt
- 1/2 cup mayonnaise
- 2/3 cup Parmigiano Reggiano
- 4 oz shredded part skim mozzarella cheese
- salt and fresh pepper to taste
- olive oil spray

Preparation

- Preheat oven to 375°F.
- Coarsely chop the artichoke hearts with the garlic and shallots.
- Combine all the ingredients in a medium bowl.
- Place in an oven-proof dish and bake at 375° for 20-25 minutes, until hot and cheese is melted. Serve right away.

Notes:

Source:

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