

Cheesy Spinaach & Artichoke Dip

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Yield: 22 Two Tablespoon Servings

1 can (14 ounce) artichoke hearts, drained and finely chopped
1 package (10 ounce) frozen chopped spinach, thawed and well drained
3/4 cup grated Parmesan cheese
3/4 cup mayonnaise or salad dressing
1/2 cup shredded mozzarella cheese
1/2 teaspoon garlic powder

Preparation Time: 10 minutes

Preheat the oven to 350 degrees.

In a bowl, combine all of the ingredients.

Spoon into a nine-inch quiche dish or pie plate.

Bake for 20 minutes or until heated through.

Per Serving (excluding unknown items): 610 Calories; 34g Fat (46.8% calories from fat); 54g Protein; 32g Carbohydrate; 18g Dietary Fiber; 98mg Cholesterol; 1769mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 5 1/2 Vegetable; 3 Fat.