
Hot Spinach Artichoke Dip

Servings: 8

Preparation Time: 15 minutes

8 ounces (1 cup) Parmesan cheese, grated

1 cup reduced-fat sour cream

1/2 cup mayonnaise

4 scallions, sliced

3 tablespoons fresh lemon juice

1 clove garlic, pressed

5 ounces (1-1/4 cups) Pepper Jack cheese, shredded

1 package (10 ounce) frozen chopped spinach, thawed and well drained

1 can (14 ounce) artichoke hearts, drained and chopped

freshly cracked black pepper

crackers (for serving)

assorted fresh vegetables (for serving)

Preheat the oven to 350 degrees.

In a bowl, stir together the Parmesan cheese, sour cream, mayonnaise, scallions, lemon juice, garlic and one cup of Pepper Jack cheese. Fold in the spinach and artichokes. Spoon into a lightly greased one-quart baking dish. Sprinkle with the remaining 1/4 cup of Pepper Jack cheese.

Bake in the preheated oven until the center is hot and the edges are bubbly, about 30 minutes. Sprinkle with freshly ground black pepper to taste.

Serve with crackers and/or assorted fresh vegetables.

Appetizers

Per Serving (excluding unknown items): 145 Calories; 13g Fat (76.6% calories from fat); 4g Protein; 5g Carbohydrate; 2g Dietary Fiber; 9mg Cholesterol; 225mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat.