

Hot Spinach Artichoke Dip

Easy-Off

1 tablespoon light butter
1 cup onion, finely chopped
2 cloves garlic, minced
1 package (10 ounce) frozen chopped spinach, thawed, drained and squeezed dry
1 can (8 ounce) sliced water chestnuts, drained and coarsely chopped
1 can (14 ounce) quartered artichoke hearts, drained and coarsely chopped
1 block (8 ounce 1/3-less-fat cream cheese, softened
1 carton (8 ounce) reduced-fat sour cream
1 cup (4 ounces) pre-shredded, reduced-fat Cheddar cheese, divided
1 teaspoon hot sauce
1/2 teaspoon salt
1/4 teaspoon pepper
cooking spray

Preparation Time: 12 minutes

Cook Time: 27 minutes

Preheat the oven to 350 degrees.

Melt the butter in a large nonstick skillet over medium heat. Add the onion and garlic. Saute's for 5 minutes or until tender. Add the spinach, water chestnuts and artichokes. Saute' for 2 minutes.

Add the cream cheese, sour cream, one-half cup of Cheddar cheese, hot sauce, salt and pepper.

Spoon into an 11x7-inch baking dish coated with cooking spray. Top with the remaining one-half cup of Cheddar cheese.

Bake for 18 to 20 minutes or until thoroughly heated.

Serve with baked tortilla chips.

Per Serving (excluding unknown items): 231 Calories; 8g Fat (25.4% calories from fat); 17g Protein; 34g Carbohydrate; 17g Dietary Fiber; 20mg Cholesterol; 1603mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 6 1/2 Vegetable; 1 Fat.

Appetizer

Per Serving Nutritional Analysis

Calories (kcal):	231	Vitamin B6 (mg):	.9mg
% Calories from Fat:	25.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	50.3%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	24.3%	Riboflavin B2 (mg):	.7mg

Total Fat (g): 8g
Saturated Fat (g): 4g
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 20mg
Carbohydrate (g): 34g
Dietary Fiber (g): 17g
Protein (g): 17g
Sodium (mg): 1603mg
Potassium (mg): 1757mg
Calcium (mg): 557mg
Iron (mg): 10mg
Zinc (mg): 2mg
Vitamin C (mg): 126mg
Vitamin A (i.u.): 35314IU
Vitamin A (r.e.): 3528RE

Folacin (mcg): 575mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 6 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 231 **Calories from Fat:** 59

% Daily Values*

Total Fat 8g	12%
Saturated Fat 4g	21%
Cholesterol 20mg	7%
Sodium 1603mg	67%
Total Carbohydrates 34g	11%
Dietary Fiber 17g	67%
Protein 17g	
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Vitamin A	706%
Vitamin C	210%
Calcium	56%
Iron	55%

* Percent Daily Values are based on a 2000 calorie diet.