

Appetizers

Spinach and Artichoke Dip

Alison Ladman - For The Associated Press
Palm Beach Post

Servings: 8

Preparation Time: 20 minutes

Bake Time: 20 minutes

1 ounce (1 serving) whole-grain crackers, crushed
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
2 tablespoons Parmesan cheese, grated
6 ounces plain no-fat Greek yogurt
4 ounces low-fat cream cheese
1 teaspoon lemon zest
2 teaspoons fresh oregano, minced
2 teaspoons fresh mint, minced
1/2 teaspoon salt (optional)
1/2 teaspoon ground black pepper
1 tablespoon olive oil
1 small yellow onion, diced
1 package (5 oz) fresh baby spinach
1 can (14 oz) artichoke hearts, lightly chopped

Preheat the oven to 400 degrees.

Coat a small casserole or gratin dish with cooking oil.

In a small bowl, combine the cracker crumbs, garlic powder, onion powder and Parmesan cheese. Set aside.

In a food processor, combine the yogurt, cream cheese, lemon zest, oregano, mint, salt and pepper. Pulse until smooth.

In a large skillet over medium-high, heat the oil. Add the onion and garlic and saute' until soft, about 5 minutes.

Add the spinach and cook until soft and any liquid has evaporated, about another 5 minutes.

Remove from the heat and stir in the artichokes and the yogurt mixture. Spoon into the prepared dish.

Sprinkle the cracker-crumbs mixture over the dip and bake for 10 to 15 minutes or until hot.

Serve warm.

Per Serving (excluding unknown items): 32 Calories; 2g Fat (55.5% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 34mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.