

Healthy Spinach Artichoke Dip

Servings: 4 – 6

Prep time: 15 minutes

Cook time: 20 – 25 minutes

Ingredients:

- 1 (14 ounce) can artichoke hearts, drained and chopped
- 10 ounces frozen spinach, thawed and squeezed dry
- 1 cup plain Greek yogurt
- 1/2 cup ricotta cheese
- 1/4 cup grated Parmesan cheese, plus more for topping
- 1/4 cup shredded mozzarella cheese
- 2 cloves garlic, minced
- 1/2 teaspoon onion powder
- 1/4 teaspoon red pepper flakes (optional)
- Salt and pepper to taste

Directions:

Step 1

Combine Ingredients: In a large bowl, combine artichoke hearts, spinach, Greek yogurt, ricotta cheese, Parmesan cheese, garlic, onion powder, red pepper flakes (if using), salt, and pepper. Stir well to combine.

Step 2

Transfer to Baking Dish: Transfer the mixture to an oven-safe baking dish.

Step 3

Top with Mozzarella: Sprinkle with mozzarella cheese.

Step 4

Bake: Bake in a preheated oven at 350°F (175°C) for 20-25 minutes, or until bubbly and golden brown.

Step 5

Serve: Let cool slightly before serving with your favorite dippers, such as gluten-free crackers, pita chips, or vegetables.

Tips and Variations

- **Add-ins:** Stir in chopped sun-dried tomatoes, chopped olives, or a handful of chopped fresh spinach.
- **Spice Level:** Adjust the amount of red pepper flakes to your desired level of spiciness.
- **Dairy-Free Option:** Substitute the Greek yogurt and cheeses with dairy-free alternatives.

Enjoy! This healthy Spinach Artichoke Dip is a delicious and satisfying appetizer or side dish.