

Spinach and Artichoke Dip

Ingredients:

- One 10-ounce box frozen, chopped spinach
- 3/4 cup low-fat mayonnaise
- 1/2 cup grated Parmesan cheese
- One 14-ounce can artichoke hearts, rinsed and drained, finely chopped
- 2 scallions (green onions), finely chopped
- ½ teaspoon kosher salt or coarse sea salt (optional)

Instructions:

Preheat the oven to 350°F.

Microwave the frozen spinach according to package directions. Squeeze out a majority of the water with paper towels or cheesecloth. Set aside.

In a medium bowl, mix together the mayonnaise and cheese. Stir in the spinach, artichoke hearts, scallions and salt. Mix thoroughly.

Spoon the mixture into a small casserole dish and bake for 25 minutes, or until hot.

Nutrition Facts:

Per Serving ¼ Cup

Calories: 50

Carbs: 5

Fats: 2

Sat. Fats: .5

Sodium: 300

Protein: 3