



Spinach Artichoke Dip

Ingredients:

- 1 teaspoon of olive oil
- 1 (9 ounce) bag fresh spinach
- 1 (14 ounce) can artichoke hearts, drained and finely chopped
- 1 (8 ounce) can sliced water chestnuts, drained and finely chopped
- 2 cups plain non-fat Greek yogurt
- ¼ cup grated Parmesan cheese
- Salt and pepper to taste
- 1 teaspoon garlic powder
- ½ teaspoon onion powder

Instructions:

1. Heat olive oil in a skillet over medium heat. Cook and stir in spinach for 5 minutes or until wilted.
2. Transfer spinach to a cutting board and finely chop. In a large mixing bowl, combine spinach, artichoke hearts, water chestnuts, Greek yogurt, Parmesan cheese, salt, pepper, garlic powder, and onion powder.

Variations:

- Serve with chips or freshly cut veggies.
- Add a minced garlic clove while cooking spinach instead of the garlic powder added at the end.

Prep Time: 10 minutes

Cooking Time: 5 minutes

Equipment:

- skillet
- cutting board
- knife
- mixing bowl
- measuring cups and spoons

Servings: 5

Serving Size: 1 cup



Nutrition Facts:	150	3 g	1.5g Saturated Fat,	18g	15g	5g
	Calories,	Fat,		Carbohydrates,	Protein,	Fiber,
	5g	450mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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