Baked Spinach Artichoke Dip

Ingredients:
2 cups of artichoke hearts (no salt or fat added), drained and chopped
1 (10 ounce) package of frozen chopped spinach, thawed and drained
1 (8 ounce) container of low-fat plain yogurt
1/4 cup of chopped green onion
1 clove of garlic, minced
2 tablespoons of chopped red pepper

Instructions:
1. Combine all ingredients except red pepper and mix well.
2. Pour mixture into 1-quart casserole dish or 9-inch pie plate.
3. Bake at 350 degrees for 20-25 minutes or until heated through.
4. Sprinkle with red peppers.
5. Serve with tortilla chips and/or fresh vegetables.

Nutritional Information:
Serving size: 1 serving
Total calories: 420
Total fat: 7g
Protein: 31g
Carbohydrates: 71g
Dietary fiber: 39g
Sugars: 23g
Sodium: 580mg

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Recipe adapted from allrecipes.com