

Spinach and Artichoke Dip

Ingredients

- 2 medium green onions, diced
- 14 ounce can artichoke hearts, drained, rinsed, and chopped
- 1 cup fat free plain Greek yogurt
- 10 ounces frozen chopped spinach, thawed and squeezed dry
- ½ cup shredded parmesan cheese
- ½ teaspoon garlic powder
- 1 teaspoon onion powder
- ¼ teaspoon hot sauce



Directions:

1. Dice green onions and artichoke hearts.
2. Place in medium mixing bowl, add Greek yogurt, spinach, cheese, garlic powder, onion powder, and hot sauce
3. Stir until combined. Transfer to a serving bowl and refrigerate for 30 minutes before serving.

Tip – Serve with fresh vegetables as a low calorie high fiber snack!