
SPINACH ARTICHOKE DIP

- 1 cup chopped frozen spinach, thawed
 - 1 ½ cups frozen artichoke hearts, chopped and thawed (or 14 oz can of artichoke hearts, rinsed and drained)
 - 4 ounces light cream cheese
 - ½ lemon, juiced
 - 2 tablespoons light mayonnaise
 - 3 tablespoons light grated parmesan cheese
 - ¼ teaspoon red pepper flakes (optional)
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1. In a small pot, boil spinach and artichokes in 1 cup water until tender. Discard liquid, drain well and set artichokes and spinach aside in a bowl.
2. In the same pot, melt cream cheese over low heat. Add remaining ingredients; mix well and continue to cook for additional 1-2 minutes.
3. Add drained spinach and artichokes to pot and stir. Cook additional 2 minutes.
4. Serve warm with your choice of vegetables or whole-wheat crackers

Serves 6. Per serving: 42 cal., 2 g total fat (1 g sat. fat), 6 mg chol., 87 mg sodium, 5 g carb., 2 g fiber, 2 g protein.
Recipe adapted from *Diabetes.org*

Cost: \$1.66 per serving

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