



Greek Yogurt Spinach Artichoke Dip

September means football is back! Spinach artichoke dip is a classic at tailgates and this recipe packs a punch of vegetables and spices. A new MVP, non-fat Greek yogurt, makes this snack a hit, no matter which team you're cheering for!

Ingredients

- 1-8oz package non-fat cream cheese
- 2 cups non-fat Greek yogurt
- 1 cup non-fat mozzarella cheese
- ¼ cup parmesan cheese
- 1-14oz can artichoke hearts, diced
- 1-10oz package frozen spinach, thawed and squeezed to remove excess liquid
- 1-4oz can diced jalapenos, drained
- 1 tablespoon diced garlic
- 1 teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon black pepper
- ¼ teaspoon salt

Directions

1. In a large sauce pot over medium heat, combine the cream cheese, Greek yogurt, mozzarella cheese and parmesan cheese, stirring until smooth and bubbling.
2. Gently stir in the artichokes, spinach and jalapenos.
3. Add in the spices until combined.
4. Serve with whole wheat pita chips, sliced veggies and enjoy!

NUTRIENT FACTS

Spinach is a good source of vitamin A, vitamin C, potassium, vitamin K, folic acid, iron, and calcium.

Artichokes are a good source of fiber, vitamin C, vitamin K, folate, phosphorus, and magnesium.

Dairy is an excellent source of calcium, vitamin D, and phosphorous which are beneficial for bone health.

Greek yogurt has 2x more protein than regular yogurt and can be used as a substitute for sour cream