

A Recipe From *tikkido*

Lighter Spinach Artichoke Dip

<https://tikkido.com/blog/light-healthy-spinach-artichoke-dip>

Spinach Artichoke Dip Ingredients:

- one 1 lb package frozen chopped spinach, thawed and drained.
- one can artichoke hearts, drained and cut into small pieces
- one package fat free cream cheese
- 1/2 cup FULL fat real Parmesan cheese
- 1 cup fat free sour cream OR fat free plain yogurt.
- one cup fat free or light mayonnaise
- one cup of shredded strongly flavored full fat cheese for the topping (we like Trader Joe's Quattro Formaggio blend, but use more parmesan if that's not available.)

Instructions

1. Preheat oven to 450 degrees Fahrenheit.
2. Reserve a half a cup of the shredded cheese, and combine all the other ingredients together (I use my Kitchenaid mixer to combine the ingredients).
3. Spread mixture in a 9x13 pan, or two 9.5" square baking dishes.
4. Bake until hot and bubbly, and the cheese is browned on the top--about 20-25 minutes.

