

Baked Spinach Artichoke Yogurt Dip

Makes 8 servings

Ingredients

1 (14-ounce) can artichoke hearts, drained and chopped
1 (10-ounce) package frozen chopped spinach, thawed and drained
1 (8-ounce) container low-fat plain yogurt
1 cup shredded part-skim, low-moisture Mozzarella cheese
1/4 cup chopped green onion
1 garlic clove, minced
2 tablespoons chopped red pepper

Directions

Combine all ingredients except red pepper and mix well. Pour mixture into 1-quart casserole dish or 9-inch pie plate. Bake at 350 degrees Fahrenheit for 20-25 minutes or until heated through and sprinkle with red peppers. Serve with toasted bread or whole grain crackers.