

Spinach & Artichoke Dip – Low fat!

I love spinach and artichoke dip, but I really want to stay on a healthy eating plan. I decided to give it a try using as little fat as possible. What I came up with was pretty darned good too!! My family devoured it!

Here's how it scored – Based on a 1/4 cup serving (and let's be real, we don't eat one or two tablespoons – even 1/4 is a modest serving). I compared it to the recipe from Alton Brown and the New York times, both of which used more ingredients and didn't taste much different!

| | Lazy G | NY Times | Alton Brown | The |
|----------|--------|----------|-------------|-----|
| Calories | | | | 67 |
| | | | | 132 |
| | | | | 217 |

Total Fat

3.5

12

20

HOME MADE
*Spinach
& Artichoke
Dip*



**Super Easy
AND
Low Fat!**

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What you need:

- 1 14oz can of artichokes (in water)
- 1 cup cooked spinach
- 1 cup grated fresh parmesan cheese
- 2 Tablespoons light mayonnaise
- Salt and Pepper to taste

How to Do it:

Put everything into a food

processor



and process until it's all smooth.

**Add the salt and pepper to taste
and place in an oven proof
casserole dish.**





Bake in a 350 degree, preheated oven for about 20 minutes, or until it's bubbly and the cheese is melted.



Serve hot (or cold)



Note – this can be made ahead and reheated in the microwave!

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