

# 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!**

[LazyGastronome.com](http://LazyGastronome.com)

**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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