Spinach Artichoke Dip (Low Fat)

NIBBLEDISH CONTRIBUTOR

Ingredients

8 oz Artichoke Hearts (in jar)
6 oz Spinach, steamed and wilted
2 Sandwhich Bread, no crusts
1 cup Skim Ricotta Cheese
1/4 cup Parmesan Cheese, grated
1/6 cup Parmesan Cheese, slivers
2 cloves Garlic, minced
2 tsp Lemon Zest
Pinch: Cheyenne, Thyme, Salt, Pepper

Tools:
Oven/gratin baking dish

Instructions

Serve with your favorite bread, crackers, or chips:

- Preheat oven to 350 degrees F
- Remove artichoke hearts from jar and drain juices
- Steam and wilt spinach
- Place bread in processor and crumb
- Add artichokes and spinach to processor
- Add ricottam grated parmesan, garlic, lemon zest, cheyenne, thyme, salt, pepper to processor and pulse until mixed yet chunky
- Add to baking gratin dish
- Sprinkle with parmesan slivers
- Bake in oven for 15-20 minutes until bubble forms at the top

Let cool then serve.
Serves 4-6.