



# Spinach Artichoke Dip (Low Fat)

NIBBLEDISH CONTRIBUTOR

## Ingredients

8 oz Artichoke Hearts (in jar)  
6 oz Spinach, steamed and wilted  
2 Sandwich 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 ricotta, 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

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Let cool then serve.  
Serves 4-6.