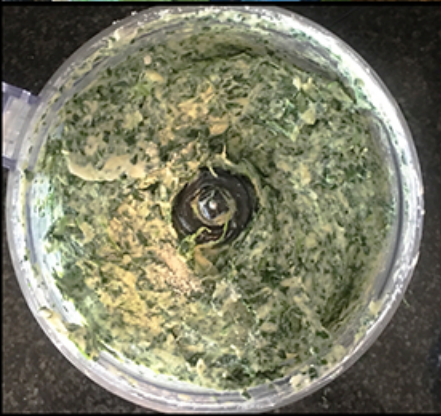




Artichoke Spinach

Creamy and Savory Artichoke Spinach Dip & Spread, Without a Boat-Load of Mayo



There are a million recipes out there for "low point" artichoke spinach dip, however, I want to be different. Where most people use low fat mayonnaise mixed with Greek... I had an idea for how to "hack" the mayo out of the recipe. I'm only using Greek yogurt... but I'm blending egg yolks and a little cornstarch into the Greek. I read about that in an old French cookbook I found. This adds 0 point fat to the Greek (if eggs are 0 for you) and cornstarch helps bind the yogurt while it's baking. Like I always say, out-smart your food.

Ingredients:

- (2) 1lb bags frozen, chopped spinach
- (2) 14oz cans whole artichoke hearts, in water
- 1/2 cup diced onion
- 2 medium garlic cloves, crushed
- 2 cups plain fat free Greek yogurt
- 2 egg yolks
- 1-1/2 tsp cornstarch
- 1/2 cup reduced fat parmesan cheese topping (like the Kraft brand, used to sprinkle on pizzas)
- 1 tsp onion powder
- 1/2 tsp black pepper
- 1-1/4 tsp salt
- 2 tsp worcestershire sauce
- 1/4 cup water
- 3/4 cup reduced fat shredded mozzarella cheese

Serving Info.:

Yields: 7 cups
Servings: 14
Serving Size: 1/2 cup



- last checked 11/25/21 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Directions:

- 1 Place a few layers of paper towels onto a large pan. Empty the frozen spinach bags onto the pan and allow to thaw. Use additional paper towels to soak off as much water as you can. Drain the water from the Artichokes, then place ALL of the ingredients into a food processor. Process the mixture until it all blends together.
- 2 Preheat your oven to 375 degrees. Spray 2 quart casserole dish with cooking spray, then spoon all of the spinach mixture into the casserole. Smooth the top. Cover and bake for 40 minutes at 375 degrees. Remove the lid, then bake for an additional 15 minutes. Done.

NOTES:

- This recipe makes a LARGE amount of dip, perfect for a good sized gathering. As you can tell by looking at the ingredient measurements, you can EASILY halve the recipe without needing a PHD in Mathematics. However, if you halve the recipe, reduce the baking time.
- If you feel that your finished dip is too thick for your personal taste, once it's finished baking, simply stir in some hot water to thin it to your desired consistency.
- Don't have a food processor? Use a knife to chop the bajeezus out of it all, then mix it together.