

## *Spinach Artichoke Dip*

*Nancy Hildebrant*

*Incredible, low-fat appetizer. Perfect for any party or appetizer for a great meal. Very creamy, cheesy, and fully of robust flavor.*

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| 2 cups mozzarella cheese        | 1 (14 oz.) can artichoke hearts,<br>drained and chopped |
| ½ cup nonfat sour cream         | 1 (8 oz.) pkg. reduced-fat<br>cream cheese              |
| ¼ cup grated Parmesan<br>cheese | 1 (8 oz.) pkg. fat-free cream<br>cheese                 |
| ¼ tsp. black pepper             | 5 oz. frozen chopped spinach                            |
| 3 cloves garlic, crushed        | Tortilla chips  |

Preheat oven to 350°. Combine 1 ½ cups mozzarella cheese, sour cream, 2 tablespoons Parmesan, and next 6 ingredients. Blend well.

Spoon mix into baking dish. Sprinkle with ½ cup mozzarella and 2 tablespoons Parmesan cheese. Bake for 30 minutes. Serve with tortilla chips or browned pita wedges. *Makes 6 servings.*

## *Spinach Cheese Dip*

*Traci Horany*

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| 1 (10 oz.) pkg. frozen chopped<br>spinach, thawed and well<br>drained | 2 cans Ro-Tel, 1 drained and<br>1 undrained |
| 1 (8 oz.) pkg. cream cheese,<br>room temperature                      | 12 oz. Mexican blend grated<br>cheese       |
| ½ white onion, chopped  | ⅓ cup sour cream                            |
| ⅛-¼ cup fresh or canned<br>jalapeños, chopped                         | ½ tsp. chili powder                         |
|   | ¼ tsp. cumin (optional)                     |

Combine all and bake at 350° for 30 minutes until hot and bubbly. (Can also put all ingredients in crockpot.)