

## Warm, Cheesy, and Tangy Holiday Dip

A diabetic-friendly recipe

### Ingredients:

- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 (10-ounce) package frozen chopped spinach, thawed and drained
- 8 ounces plain low-fat yogurt
- 1 cup shredded, low-moisture, part-skim mozzarella cheese
- 1/4 cup chopped green onion
- 1 garlic clove, minced
- 2 tablespoons chopped fresh red pepper
- Crackers, cut vegetable, or bread slices for serving



### Directions

1. Preheat oven to 350°F.
2. Combine artichoke hearts, spinach, yogurt, cheese, onion, and garlic in a medium bowl. Transfer to a 9-inch pie pan.
3. Bake 20–25 minutes or until completely warmed through. Sprinkle evenly with red pepper.
4. Serve with crackers, cut vegetables, or bread slices.

*Makes 8 servings*

*To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.*