



Hilton Head Health

SPINACH and ARTICHOKE DIP

Sunday afternoons we greet our incoming guests with a small “cocktail party” featuring an array of raw fruits and vegetables and sometimes this delicious dip with house made pita chips, setting the stage for a week of flavorful conscious eating.

INGREDIENTS:

Spray oil
½ cup minced shallots or green onions
2 teaspoons minced garlic
10 cups organic baby spinach, cleaned and chopped
2 cups canned artichokes, drained and quartered
4 ounces fat free cream cheese
½ cup skim milk
½ cup shredded Parmesan cheese

PREPARATION:

- Preheat oven to 350°F
- Heat up large sauté pan to medium low
- Lightly spray pan with non-stick cooking spray.
- Add shallots or onion and garlic and sauté until soft
- Add chopped spinach and stir to wilt
- Stir in artichokes, cream cheese and skim milk
- Place mixture in small casserole and top with parmesan cheese.
- Bake until parmesan has a golden color.
- Serve warm with pita chips

Number of Servings: 6

Serving Size: ½ cup

Calories: 120

Fat grams: 3