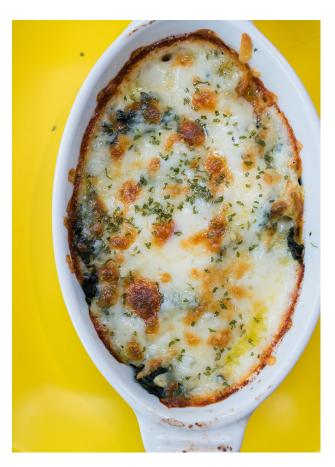


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Spinach-Artichoke Dip

Makes 8 servings. Recipe adapted from CHOBANI.

Ingredients

¼ cup Chobani Low-Fat Plain Greek Yogurt

1 cup chopped spinach leaves

1 cup chopped canned artichoke hearts

4 ounces low-fat cream cheese, room temperature

¼ cup low-fat mayonnaise

½ cup grated parmesan cheese, divided

1/8 teaspoon kosher salt

¼ teaspoon garlic powder

½ teaspoon Tabasco sauce

Directions

- 1. Pre-heat oven to 350°F.
- 2. In a small pot, combine spinach and artichoke hearts and fill with water until just submerged. Bring to a boil for 1 minute, then strain. Keep warm.
- 3. In a medium mixing bowl, combine remaining ingredients, except ¼ cup of parmesan, until fully incorporated.
- 4. Add spinach and artichoke mixture and stir to combine.
- 5. Transfer mixture into an oven-safe ramekin or small baking dish. Top with remaining cheese and bake at 350°F for 7-10 minutes, or until cheese is melted on top.
- 6. Let cool slightly before serving.