

Spinach Artichoke and White Bean Dip



Ingredients:

- 2 cups artichoke hearts, drain if using jarred or canned
- 4 cups spinach, cleaned and finely chopped
- 1 cup white beans, cooked and drained and mashed
- 2 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 teaspoon crushed red pepper flakes
- 2 tablespoons grated Parmesan cheese
- 1/2 cup sour cream, reduced-fat
- Cooking spray

Directions:

1. Pre-heat oven to 350F. Spray a baking dish with cooking spray.
2. Combine all ingredients and put into baking dish.
3. Bake the dip for 30 minutes, uncovered.
4. Serve with veggies or whole-grain bread.

Makes 8 servings



Tarrant County Public Health

<http://health.tarrantcounty.com>