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# SPINACH AND ARTICHOKE DIP

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2 cups (8 ounces)	Shredded part-skim mozzarella cheese
½ cup	Fat-free sour cream
¼ cup	Grated fresh parmesan cheese
¼ teaspoon	Black pepper
3	Garlic cloves, crushed
1 (14 ounce) can	Artichoke hearts, drained & chopped
1 (8 ounce) block	1/3 Less-fat cream cheese, softened
1 (8 ounce) block	Fat-free cream cheese, softened
½ (10 ounce)	Frozen chopped spinach, thawed, drained and squeezed dry
1 (13.5 ounce)	Baked tortilla chips (about 16 cups)

- Preheat oven to 350 degrees
- Combine 1 ½ cups mozzarella, sour cream, 2 tablespoons Parmesan and next 6 ingredients (thought spinach) in a large bowl; stir until well blended.
- Spoon mixture into a 1 ½ quart baking dish.
- Sprinkle with remaining ½ cup mozzarella and remaining 2 tablespoons Parmesan.
- Bake for 30 minutes or until bubbly and golden brown.
- Serve with tortilla chips.

**Makes** 5 1/2 cups (serving size: 1/4 cup dip and about 6 chips)

Nutritional Information:

148 calories, 5g fat, 18g carbohydrate, 8g protein, 318mg sodium