



Nutrition Information Per Serving:

Calories: 226
Protein: 11 g
Carbohydrates: 9 g
Fat: 17 g
Fiber: 2 g

PREP TIME 20 mins	COOK TIME 40 mins	TOTAL TIME 60 mins	RECIPE MAKES 8 servings
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Indulging in a spinach & artichoke dip doesn't have to be completely unhealthy! [A Sweet Spoonful](#) revamps this party favorite by swapping out some of the mayo for Plain Muuna cottage cheese—it cuts back on the fat and pumps up the protein!

INGREDIENTS

- 2 Tbsp. Extra virgin olive oil, plus more for the baking pan
- ½ cup Shallot, minced
- 3 cloves Garlic, peeled and minced
- 12 cups Packed baby spinach, (about 15 ounces) washed and dried
- 1 (14-ounce) can Artichoke hearts, rinsed and coarsely chopped
- 1 cup Lowfat Plain Muuna cottage cheese
- ½ cup Mayonnaise
- 1 cup Parmesan cheese, Freshly-grated
- Zest from 1 lemon (about 1 Tbsp.)
- 1 Tbsp. Lemon juice, freshly squeezed
- ½ tsp. Kosher salt
- ¾ tsp. Black pepper
- ¾ cup Crumbled feta cheese

INSTRUCTIONS

- 1)** Preheat the oven to 400° F.
- 2)** Rub a little olive oil on the inside of a 2-quart baking dish.
- 3)** Heat olive oil in a large skillet over medium heat.
- 4)** Add the shallot and cook for about 2 minutes or until golden and fragrant.
- 5)** Add the garlic and spinach and continue cooking until spinach has wilted, about 2 minutes.
- 6)** Using a slotted spoon, scoop the spinach mixture into a medium bowl (I press down a bit with my hands or the back of a spoon to remove any excess moisture).
- 7)** Add the artichoke hearts, cottage cheese, mayonnaise, 1/2 cup of the Parmesan, lemon zest and juice, salt and pepper.
- 8)** Scrape the mixture into the prepared baking dish, and spread the top so it's nice and even.
- 9)** Sprinkle feta cheese and remaining 1/2 cup Parmesan on top. Bake for 35-40 minutes, or until the dip is bubbling around the edges and the top is golden brown.
- 10)** Let cool for 10 minutes before serving (it'll set / firm up a bit during this time).
- 11)** Serve hot with pita chips or crackers. Note: Leftover dip will keep, covered in the refrigerator for up to 4 days.