spinach and artichoke yogurt dip



featured product:
baby spinach, hearts of romaine

organicgirl's healthy take on an artichoke spinach dip. we skip the cream cheese, and lean into a protein-packed Greek yogurt for creaminess. lemon and herbs help brighten the dish, while spinach and artichoke hearts add extra flavor and fiber. it's a recipe you'll be making for years to come.

ingredients

yields: 2 cups

5 oz. **organicgirl baby spinach**
2 tablespoons olive oil
4 cloves garlic, peeled and finely minced
1 medium shallot, peeled and finely chopped
1 3/4 cups full fat Greek yogurt
2 (4.45oz) jars artichoke hearts, drained
¼ teaspoon red pepper flakes
1 lemon, juiced and zested
Salt and pepper, to taste
¼ cup fresh mint leaves
Pita chips, for serving
organicgirl romaine hearts, for serving
Crudites, for serving

directions

1. blanch the spinach. drain and set aside until needed. meanwhile, heat the olive oil in a small pan over medium heat. sautée the garlic and shallot over medium heat until softened and translucent, 3-4 minutes.

2. combine the blanched spinach, sauteed garlic and shallots, yogurt and artichoke hearts in a medium bowl. season with the red pepper flakes, lemon juice and zest and salt and pepper, to taste.

3. garnish with the fresh mint leaves and serve with pita chips, romaine hearts, and fresh crudites.

nutrition

Calories per 4 serving- 191.75
Fat per 4 serving- 11.5
Cholesterol per 4 serving- 13.25
Sodium per 4 serving- 162.75
Carbohydrates per 4 serving- 11.75
Added Sugars per 4 serving- 0
Protein per 4 serving- 11.5
Total Sugar per 4 serving- 5.25