

Hot Spinach-Artichoke Dip

Points: 2

PointsPlus™ Value: 2

Servings: 18

Preparation Time: 12 min

Cooking Time: 27 min

Level of Difficulty: Easy

Topped with gooey melted cheese, this creamy appetizer will be a hit at your next party.

1 Tbsp light butter

1 cup(s) onion(s), finely chopped

2 clove(s) (medium) garlic clove(s), minced

10 oz chopped frozen spinach, thawed, drained and squeezed dry

8 oz canned water chestnuts, sliced, drained and coarsely chopped

14 oz canned artichoke hearts, without oil, quartered, drained and coarsely chopped

8 oz 1/3 less-fat cream cheese, softened

8 oz reduced-fat sour cream

1 cup(s) low-fat shredded cheddar cheese, divided

1 tsp hot pepper sauce

1/2 tsp table salt

1/4 tsp black pepper

1 spray(s) cooking spray

Instructions

Preheat oven to 350°F.

Melt butter in a large nonstick skillet over medium heat. Add onion and garlic; sauté 5 minutes or until tender. Add spinach, water chestnuts, and artichokes; sauté 2 minutes. Add cream cheese, sour cream, 1/2 cup of Cheddar cheese, hot sauce, salt and pepper.

Spoon into an 11 x 7-inch baking dish coated with cooking spray. Top with remaining 1/2 cup of Cheddar cheese. Bake at 350°F for 18 to 20 minutes or until thoroughly heated. Serve with baked tortilla chips (need to count POINTS values for chips). Yields about 1/4 cup of dip per serving.