



Season's Greetings!

A healthy recipe to brighten up your holidays



Spinach and Artichoke Dip

A yummy recipe packed with nutrients that can be made in advance. Just pop it in the oven 30 minutes before guests arrive. Instead of using crackers or tortilla chips to dip, try using an assortment of raw vegetables for a healthier twist.

- 2 cups (8 ounces) shredded part-skim mozzarella cheese, divided
- 1/2 cup fat-free or reduced fat sour cream
- 1/4 cup (1 ounce) grated fresh Parmesan cheese, divided
- 1/4 teaspoon black pepper
- 3 garlic cloves, crushed
- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 (8-ounce) block 1/3-less-fat cream cheese, softened
- 1 (8-ounce) block fat-free cream cheese, softened
- 1/2 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
- 1 (13.5-ounce) package baked tortilla chips (about 16 cups)



From myrecipes.com

Preparation

Preheat oven to 350°. Combine 1 1/2 cups mozzarella, sour cream, 2 tablespoons Parmesan, and next 6 ingredients (through spinach) in a large bowl; stir until well blended. Spoon mixture into a 1 1/2-quart baking dish. Sprinkle with remaining 1/2 cup mozzarella and remaining 2 tablespoons Parmesan. Bake at 350° for 30 minutes or until bubbly and golden brown. Serve with tortilla chips, carrot sticks, cucumber slices, red pepper slices or whole wheat pita bread



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