

SPINACH ARTICHOKE DIP



INGREDIENTS:

- 1/2 cup 2% cottage cheese
- 2 tbsp shredded mozzarella (part skim)
- 2 tbsp artichoke hearts, chopped
- 1/4 cup cooked spinach
- 1/2 tbsp minced garlic
- Dash sea salt and black pepper

DIRECTIONS:

- 1) Mix cottage cheese and mozzarella in microwave safe bowl.
- 2) Heat for about 1 minute, until bubbly.
- 3) Add remaining ingredients.
- 4) Return to microwave for about 1 minute or until evenly heated and serve.

Enjoy!

Makes 1 serving

Calories: 170 | Protein: 22 gm | Carbs: 9 gm | Fat: 5 gm