

Easy S-panache dip

117 calories

6.25 grams of fat

8 grams of protein

Ingredients:

- 10 oz organic steam-in-bag spinach
- 1 clove garlic
- 1 tsp hot sauce
- dash red pepper flakes
- 2 tbsp non-fat sour cream
- ¼ cup 0% fat Greek yogurt
- ¼ cup 1/3 less fat cream cheese
- ½ cup part-skim mozzarella cheese (split this in half...one half for dip, one half for topping)
- 2 Tbsp italian seasoned breadcrumbs
- 2 tbsp grated romano cheese

Directions:

1. Preheat oven to 375 degrees. Lightly spray oval baking dish with olive oil spray.
2. Steam spinach according to directions
3. In a medium bowl, combine steamed spinach, minced garlic, 1 tsp hot sauce, dash of red pepper flakes, sour cream, cream cheese, greek yogurt, and ½ of the mozzarella. Mix until just incorporated.
4. Spoon the spinach mix into baking pan and spread evenly.
5. In a small bowl, combine breadcrumbs and grated romano cheese.
6. Sprinkle breadcrumb mixture evenly atop the spinach mixture.
7. Top breadcrumbs with remaining mozzarella cheese.
8. Bake the dip for 30 minutes.
9. Spread into Wilton Silver chip and dip tray and enjoy!

*You can freeze and re-bake for later, although something tells me your party will go through the whole thing. 😊

4 generous portions.