

Spinach Artichoke Recipe below!

Spinach is a superstar of vegetables. Spinach has a high nutritional value and is extremely rich in antioxidants, especially when fresh, steamed, or quickly boiled. It is a rich source of Vitamins A, C, E, K, folate, B2 and B6.

Spinach is also high in lutein. Many people think of lutein as “the eye Vitamin.”

Lutein is related to beta-carotene and vitamin A. Other foods rich in lutein include broccoli, spinach, kale, corn, orange pepper, kiwi fruit, grapes, orange juice, zucchini, and squash. Lutein, like other fat soluble vitamins, are absorbed best when fat is present in the meal.

For an appetizer for Thanksgiving or any party try this dip that contains Spinach and some fat, and get your Eye vitamin!

Lower Fat version of TGIF Spinach and Artichoke Dip

One bag of frozen spinach 16 oz

¾ c light sour cream

¾ c light mayonnaise

¾ c parmesan cheese

¾ c shredded mozzarella cheese part skim (compacted into cup)

1 ½ can (14 oz can) artichoke drained and diced

1 ½ tsp. garlic powder

1/3 cup reduced fat milk

Mix all together, bake in large deep dish pie plate 350 degrees that you have sprayed vegetable spray on, for 20-30 minutes. Serve warm with baby carrots or reduced fat nachos. Enjoy!

Cheshire Food and Nutrition Services

(recipe will be on website if measurements did not transfer correctly on email.)

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