



## spinach and artichoke yogurt dip

featured product:

**baby spinach, hearts of romaine**

organicgirl's healthy take on an artichoke spinach dip. we skip the cream cheese, and lean into a protein-packed Greek yogurt for creaminess. lemon and herbs help brighten the dish, while spinach and artichoke hearts add extra flavor and fiber. it's a recipe you'll be making for years to come.



### ingredients

yields: 2 cups

5 oz. **organicgirl baby spinach**

2 tablespoons olive oil

4 cloves garlic, peeled and finely minced

1 medium shallot, peeled and finely chopped

1 3/4 cups full fat Greek yogurt

2 (4.45oz) jars artichoke hearts, drained

1/4 teaspoon red pepper flakes

1 lemon, juiced and zested

Salt and pepper, to taste

1/4 cup fresh mint leaves

Pita chips, for serving

**organicgirl romaine hearts**, for serving

Crudites, for serving

### directions

1. blanch the spinach. drain and set aside until needed. meanwhile, heat the olive oil in a small pan over medium heat. sauté the garlic and shallot over medium heat until softened and translucent, 3-4 minutes.

2. combine the blanched spinach, sautéed garlic and shallots, yogurt and artichoke hearts in a medium bowl. season with the red pepper flakes, lemon juice and zest and salt and pepper, to taste.

3. garnish with the fresh mint leaves and serve with pita chips, romaine hearts, and fresh crudites.

### nutrition

Calories per 4 serving- 191.75

Fat per 4 serving- 11.5

Cholesterol per 4 serving- 13.25

Sodium per 4 serving- 162.75

Carbohydrates per 4 serving- 11.75

Added Sugars per 4 serving- 0

Protein per 4 serving- 11.5

Total Sugar per 4 serving- 5.25