

Baked Spinach Artichoke Dip

- 1 (14 oz) can artichoke hearts, drained and chopped
- 1/2 (10 oz) package frozen spinach, thawed and chopped
- 1/2 cup fat free sour cream
- 1/4 cup fat free Miracle Whip
- 1/2 cup fat free cream cheese
- 1/4 cup Romano cheese, grated
- 1/4 teaspoon minced garlic

Preheat oven to 375 degrees F (190 degrees C). Mix all ingredients and place in a small baking dish. Cover and bake in preheated oven for 20 minutes. Uncover and put back in oven to brown for 5 minutes. Makes 24 servings.

Nutrition information per serving: 39 calories, 2 grams protein, 1 gram fat 3 grams carbohydrate, 145 mg sodium. Serve with baked pita chips or cut veggies.