

## Hot Artichoke and Spinach Dip

8 oz cream cheese, fat free  
14 oz can Artichoke hearts, well drained and coarsely chopped  
1/2 cup frozen spinach, thawed and well drained  
1/4 cup mayonnaise, fat free  
1/2 cup Parmesan cheese, shredded  
1 clove garlic, finely minced  
1 tsp fresh basil, chopped  
1/4 cup Mozzarella cheese, grated  
1/4 tsp. garlic salt  
salt and pepper to taste

Bring cream cheese to room temperature. Cream together with mayonnaise, Parmesan cheese, garlic, basil and garlic salt. Mix well. Add the well-drained artichoke hearts and spinach and mix until blended. Spray pie pan with pan spray; pour in dip, top with grated Mozzarella cheese. Bake at 350 degrees for 25 minutes or until the top is golden brown. Makes 12 servings. Serve with baked tortilla chips.

Nutrition information per serving: 70 calories; 7 grams protein, 2 grams fat; 5 grams carbohydrate; 355 mg sodium