

Try our Healthier Alternatives!



Recipes for a Healthier Life!

Healthier Hot Artichoke & Spinach Dip

1 (10 ounce) box frozen chopped spinach, thawed
1 (14 ounce) can artichoke hearts (in water), drained and roughly chopped
1/2 cup grated Parmesan/Romano cheese mix
1/2 cup shredded part-skim mozzarella cheese
5 ounces prepared Alfredo sauce (Bertolli)
1 teaspoon garlic
4 ounces 1/3 reduced-fat cream cheese
Pepper to taste (optional)

Directions:

Preheat oven to 350 degrees. Combine ingredients thoroughly in a bowl and spread mixture into a small baking dish (8x8). Bake for 25-30 minutes until cheeses are bubbling and melted. Serve with tortilla chips, bread or vegetables.

Serves 12 (2 tablespoons/serving) Total time: approximately 45 minutes (includes cooking time)

Nutrition Facts (per serving): 97 calories, 5gm carbohydrates, 6gm fat, 6gm protein, 340mg sodium and 1gm sugar.

**What this means for you: 40% lower in Calories
50% lower in Fat
33% lower in Sodium**

Loaded Recipe:

1 (10 ounce) box frozen chopped spinach, thawed
1 (14 ounce) can artichoke hearts (in water), drained and roughly chopped
1 cup grated Parmesan/Romano cheese mix
1/2 cup shredded whole milk mozzarella cheese
10 ounces prepared Alfredo sauce (Bertolli)
1 teaspoon garlic
4 ounces full-fat cream cheese
Pepper to taste (optional)

Nutrition Facts for loaded recipe(per serving): 155 calories, 5gm carbohydrates, 12gm fat, 8gm protein, 506mg sodium and 1gm sugar.

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www.charleston.va.gov/services/nutrition/recipes.asp