



Kale Artichoke Dip

Total time:
45 mins
Servings:
16

Ingredients

- 2 ½ cups frozen chopped kale (12 ounces) or 2 ¼ cups frozen chopped spinach, thawed
- 2 cups frozen artichoke hearts (9 ounces), thawed and chopped
- 8 ounces reduced-fat cream cheese, at room temperature
- ½ cup nonfat plain yogurt
- 2 tablespoons minced shallot
- 2 large cloves garlic, minced
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper
- ¼ teaspoon cayenne pepper (optional)

- 1/3 cup grated Parmesan cheese

Directions

1. □ Preheat oven to 425 degrees F. Coat an 8-inch-square baking dish with cooking spray.
2. □ Combine kale (or spinach), artichoke hearts, cream cheese, yogurt, shallot, garlic, salt, pepper and cayenne (if using) in a large bowl. Transfer the mixture to the prepared baking dish.
3. Sprinkle with Parmesan.
4. □ Bake until starting to brown and bubble, 25 to 30 minutes. Let stand for 5 minutes before serving.