

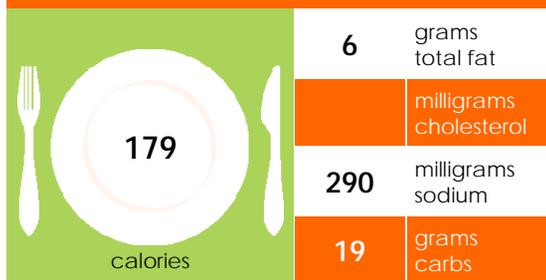


Working On Wellness (WOW)

Recipe Card



Nutrition Report Card*



*This was analyzed using whole-grain tortillas containing 3.5 grams of fiber each.

Spinach and Artichoke Dip With Chips

PREP TIME

minutes

INGREDIENTS

Dip:

- 1 cup spinach, finely chopped
- 1 tsp. garlic
- 1 Tbsp. olive oil, canola oil or grape seed oil
- 1 cup nonfat plain Greek yogurt
- ¼ cup canned artichokes
- dash of salt & pepper

Homemade Tortilla Chips:

- 2 whole-wheat, low-carb tortillas
- or other whole-grain tortilla with approximately 50 calories per serving
- cooking spray

DIRECTIONS

Slice each tortilla into 8 pieces. Spray a baking sheet with non-fat cooking spray and place each tortilla slice individually on the pan so that they are not overlapping or touching each other. Bake tortilla chips at 350°F for about 3 minutes on each side.

In a medium saucepan, sauté spinach and garlic in the oil. Remove pan from heat and let it cool. Once mixture has cooled for a few minutes, stir in non-fat plain Greek yogurt and a dash of salt and pepper. Pour mixture into a serving bowl and enjoy with homemade tortilla chips.

COOK TIME

minutes

YIELD

2 servings