

Smart Snacking

Popular Pair: Warm Dip And Crispy Crackers



Serve this warm spinach and artichoke dip with crisp Crunchmaster® crackers for a partygoer's palate-pleaser.

(NAPSA)—The next time the party's at your place, try this light take on a classic dip that's lower in fat but not in flavor:

Warm Spinach and Artichoke Dip

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Serves: 4 to 6

- 1 Tbsp olive oil
- 1 pkg (5 oz) spinach
- 1/3 cup shredded mozzarella cheese
- 1/3 cup grated Parmesan cheese
- 1/3 cup grated Asiago cheese
- 8 oz reduced-fat plain brick-style cream cheese
- 2/3 cup Greek yogurt
- 1 tsp lemon zest
- 1 Tbsp lemon juice
- 2 cloves garlic, minced
- 1/4 tsp each salt and pepper
- Pinch cayenne pepper (optional)
- 2 jars (6 oz) artichoke hearts, well drained and finely chopped
- 1 pkg (4.5 oz) Crunchmaster® Multi-Seed Crackers

Preheat oven to 400° F. Heat oil in large skillet set over medium heat; cook spinach for about 3 minutes or until wilted. Let cool completely. Squeeze out excess moisture and chop finely. Combine mozzarella, Parmesan and Asiago cheeses; reserve 1/4 cup and set aside. Using electric mixer, beat cream cheese until

light and fluffy. Add yogurt, lemon zest, lemon juice, garlic, salt, pepper, cayenne (if desired) and remaining cheese mixture; beat until blended. Stir in spinach and artichokes. Scrape into greased 4-cup baking dish. Sprinkle with reserved cheese mixture. Place on baking sheet; bake for about 15 minutes or until heated through and top is golden brown and melted. Serve warm with crackers.

To make ahead, assemble dip, cover and refrigerate. Bake just before serving and serve warm.

Nutrition Facts Per 1/6 recipe: Calories 370; Fat 23g; Cholesterol 60mg; Sodium 610mg; Carbohydrate 25g; Fiber 7g; Sugars 3g; Protein 15g

It should go over even better when you serve it with Crunchmaster crackers crafted to fit a mindful, modern lifestyle. Crunchmaster is a full-flavored cracker that's oven baked to deliver seriously crunchy satisfaction.

They're all certified gluten-free and kosher, and many are also non-GMO Project Verified, 100 percent whole grain, low in sugar and free of saturated and trans fats. Instead, they're made with such simple, wholesome ingredients as brown rice, quinoa, flax, corn, amaranth, millet, sunflower, chickpea and edamame.

Learn More

For further facts, go to www.crunchmaster.com.