Reduced Fat Jalapeno Spinach Dip
Cheap, Fast and Healthy, April 9th, 2013

Ingredients:
- 2-10oz packages frozen spinach
- 1-14oz can of artichokes
- 2- Jalapeno peppers- fresh
- 1 tbsp. minced garlic- jarred
- 1 tbsp. olive oil
- 1-cup low-fat sour cream
- .5-cup shredded Parmesan cheese
- .5-cup fat-free cream cheese
- loaf of French bread- preferably whole wheat

Directions:
1. Turn oven on broil
2. Place oven safe kettle on the stove top and turn on heat to medium
3. Poke holes in the frozen spinach with a fork, microwave for 3 minutes.
4. While spinach warms in the microwave, dice two jalapeños
5. Place about a tablespoon of olive oil in the heated kettle
6. Add a tablespoon of minced garlic (jarred). Modify according to how much you like garlic.
7. Add the diced jalapenos to the pan
8. Sauté garlic and peppers until slightly browned. Turn heat down if they brown too quickly to prevent contents from burning.
9. Open the canned artichoke hearts, drain, and dice into smaller pieces. Add to the kettle with garlic and peppers.
10. Remove the spinach from the microwave and strain as much the water out as possible. Add it to the kettle with the rest of the ingredients.
11. Add Parmesan cheese, cream cheese, sour cream, and stir
12. Place kettle in oven under broiler until top is crisp
13. While spinach dip heats, cut the loaf of French bread into slices and place on baking tray. Place in the oven to warm for 1 minute.
14. Remove both items from the oven and serve warm bread slices with spinach dip.