Spinach and Artichoke Dip

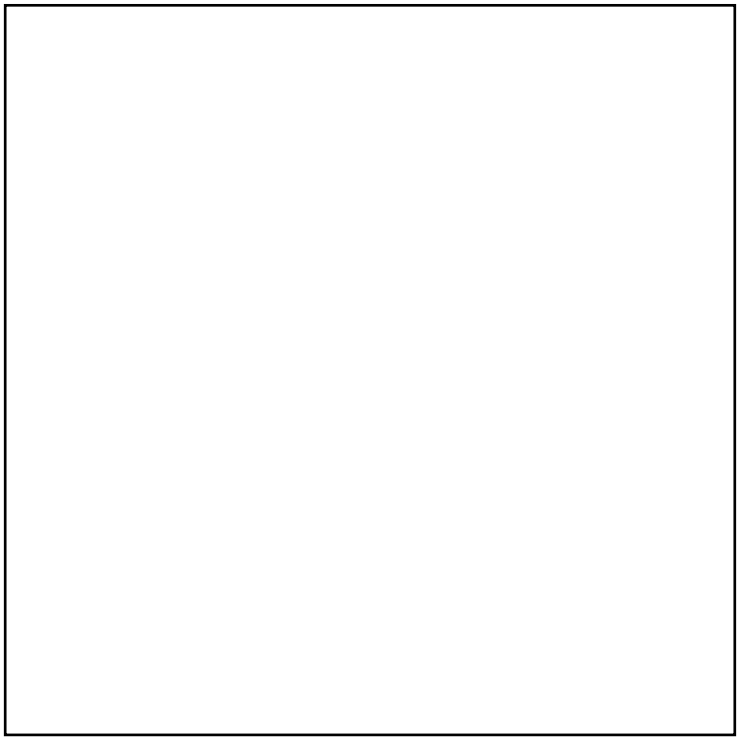
American

Creamy, high-protein spinach and artichoke dip made with cottage cheese and Greek yogurt.

Ingredients:

Base:

* 1/2 cup Artichoke hearts (Finely diced and …)
* 1/2 cup Spinach (Cooked, squeezed …)
* 1/2 cup Cottage cheese (Low-fat, blended …)
* 1/2 cup Greek yogurt (Plain, nonfat or …)
* 2 tablespoons Parmesan cheese
* 45 grams Low-fat mozzarella cheese (Split between mix…)
* 1 teaspoon Cornstarch (Optional, improve…)
* 1 teaspoon Garlic powder
* 1/2 teaspoon Onion powder (Optional for adde…)
* Red pepper flakes (Optional for heat)
* 1 teaspoon Lemon juice (Optional, brighte…)
* Salt (To taste)
* Black pepper (To taste)



Instructions:

1. Preheat oven or air fryer to 325°F.
2. Cook spinach if needed, then squeeze out as much moisture as possible. Drain and finely dice artichoke hearts.
3. Blend cottage cheese until smooth and creamy.
4. In an oven-safe dish, combine spinach, artichokes, blended cottage cheese, Greek yogurt, Parmesan, half of the mozzarella, cornstarch, and seasonings. Mix well.
5. Top with remaining mozzarella cheese.
6. Bake or air fry for 13–17 minutes until heated through and lightly golden on top.

Notes:

Properly removing moisture from spinach and artichokes is critical to avoid a watery dip. Cornstarch helps stabilize texture.

Servings: 2 | Serving size: 1 portion | Calories: 190 | Protein: 21g