

## **Spinach and Artichoke Dip with Asiago Cheese**

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking Time: 10 minutes

**CChints:** Asiago cheese is a soft or hard Italian cheese made from cow's milk. The aged hard cheese looks like and is a texture similar to Parmesan cheese. It can be substituted for parmesan. It has a slightly tangy flavor and wonderful aroma that makes it delightful on salads, pizza, pastas and sandwiches.



2 teaspoons olive oil  
1 medium yellow onion, minced  
2 cloves of garlic, fresh or from a jar  
2/3 cup plain non-fat Greek yogurt, 6 ounce container  
1 cup reduced fat mayonnaise  
14 ounce can artichoke hearts, drained and chopped  
2 - 10 ounce package frozen chopped spinach, thawed and squeezed dry  
1/4 cup sliced water chestnuts  
2/3 cup shredded Asiago cheese  
1-1/2 teaspoons fresh squeezed lime juice  
Serve with your favorite cracker or chip

Heat a nonstick skillet over medium heat and add the oil. Add the onions to the pan and cook for 7-8 minutes. Turn off the heat and add the garlic for 1 minute, stirring constantly. Remove the mixture from the pan and allow them to cool slightly.

In a mixing bowl combine the yogurt , mayonnaise and cheese and set aside.

Add the artichokes, spinach, water chestnuts and onions to a food processor and pulse until nicely chopped but not creamy. Pour into the bowl and stir in the lime juice and cheese. Blend well to combine the all the ingredients together.

Allow to sit for at least 30 minutes to allow the flavors to combine.

You can serve it cold or warm. If you want to serve it warm, transfer it to a microwaveable container and cover slightly. Cook on high for 20 seconds and stir well. If necessary, do this again and again until it is at the temperature you like.