## **Baked Spinach and Artichoke Dip**

Submitted by: Melanie Ngo, HHSA (Courtesy of Melanie's mom)

## What you need:

- 1 Tbsp. extra-virgin olive oil
- 1 (16-ounce) can lima (or butter) beans, drained
- 1 cup light mayonnaise
- 4 ounces tub-style fat-free cream cheese
- 1 tsp. hot pepper sauce (such as Tabasco)
- 1 tsp. capers, drained
- 1/4 tsp. freshly ground black pepper
- 1/4 tsp. dry mustard
- 1 (14-ounce) can artichoke hearts, drained
- 1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
- 3/4 cup pre-shredded part-skim mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/2 cup sliced green onions
- 1 Tbsp. fresh lemon juice
- 1 can water chestnuts- diced (as desired)

## What you do:

- 1. Preheat oven to 350 degrees.
- 2. Combine first eight ingredients (through mustard) in a food processor, and process until smooth (about 15-20 seconds).
- 3. Add remaining ingredients; pulse 5 times, then process until mixture is consistent throughout (about 10 seconds). With a rubber spatula, fold in the water chestnuts for an added crunch and then transfer the mixture evenly to a 1-quart casserole dish, smoothing top.
- 4. Bake at 350 degrees for 25-30 minutes or until lightly browned and bubbly at the edges. Remove from oven; cool 10 minutes. Serve with whole grain crackers, pretzels or pita bread.