



## Spinach & Artichoke Bites



24 wonton wrappers	1-8 oz. package Neuchatel cheese, softened
10 oz. frozen spinach, thawed and drained well	1 cup, nonfat plain Greek yogurt
1 red pepper, washed and finely diced	½ cup parmesan cheese, grated
14 oz. can artichoke hearts, drained and chopped	¼ cup mozzarella cheese
	3 cloves garlic, minced

### Directions

1. Preheat oven to 350°F. Wash hands with soap and water. Place wonton wrappers in two muffin pans. Lightly spray wrappers with cooking spray. Bake for 4-5 minutes. Set aside.
2. Combine cheeses and yogurt in a large bowl.
3. Add in drained spinach, red pepper, artichokes, and garlic.
4. Scoop spinach and cheese mixture into each wonton. Bake for 10 minutes. Enjoy! **Makes 24 bites-2 bites per serving**

**Nutrition Facts** (per 2 bite serving): 150 calories, 6 grams fat, 300 milligrams sodium, 15 grams carbohydrate, 1-gram fiber, 9 grams protein

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