

Spinach Artichoke Phyllo Cups



1/2 package (10 oz.) frozen spinach, thawed
3 oz. artichoke hearts, drained and chopped
1 garlic clove, minced
1/8 teaspoon black pepper
1/8 teaspoon salt

1 Tablespoon grated Parmesan cheese
2 oz. reduced-fat cream cheese or
Neufchatel cheese
1/3 cup shredded mozzarella cheese
24 frozen mini phyllo (filo) sheels

Instructions: Preheat oven to 350°F. Place phyllo shells on a baking sheet. Using a clean towel or paper towels, squeeze excess moisture out of spinach. In a medium bowl, stir spinach, artichoke hearts, garlic, pepper, salt, parmesan cheese, cream cheese, and mozzarella cheese until well blended. Fill each shell to the top (about 2 teaspoons filling). Bake in oven until filling is hot, about 5-8 minutes.

Yield: 8 servings, 3 cups each

Nutrition Facts (per serving): 90 calories, 4.5 grams fat, 200 milligrams sodium, 9 grams carbohydrate, 1 gram fiber, 4 grams protein