



Spinach Artichoke Grilled Cheese



Entire recipe: 270 calories, 11g total fat (4.5g sat. fat), 620mg sodium, 33g carbs, 7.5g fiber, 5g sugars, 13.5g protein

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Prep: 5 minutes **Cook:** 5 minutes

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Ingredients

- 1 1/2 cups chopped spinach
- 1 artichoke heart packed in water, drained, chopped
- 1 tbsp. whipped cream cheese
- 1 tsp. grated Parmesan cheese
- 1/8 tsp. garlic powder
- 2 slices whole-grain bread with 60–80 calories per slice
- 2 tbsp. shredded part-skim mozzarella cheese
- 2 tsp. light butter, divided

Directions

Microwave spinach for 45 seconds, or until wilted. Thoroughly remove excess moisture with paper towels.

Add chopped artichoke heart, cream cheese, Parm, and garlic powder. Mix until uniform.

bread slice. Spread the top of the sandwich with 1 tsp. butter.

Bring a skillet sprayed with nonstick spray to medium heat. Add sandwich, buttered side down. Spread the top of the sandwich with remaining 1 tsp. butter.

Cook until bread is lightly browned, filling is hot, and cheese has melted, about 2 minutes per side, flipping carefully.

MAKES 1 SERVING

So easy to make... [Click & watch to see how it's done!](#)

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