

Clean Eating

Improving your life one meal at a time.

Baked Lobster & Brie Dip

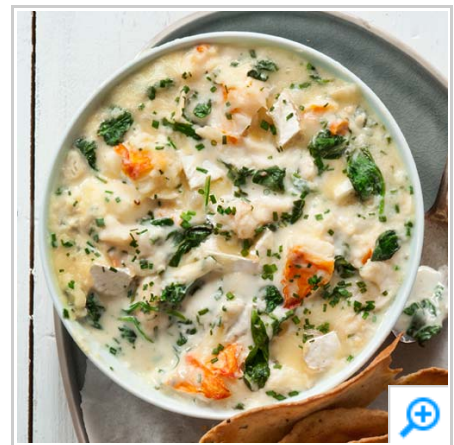
This is a decadent and rich dish that no one will guess is clean! When shopping for ingredients, purchase fresh-cooked lobster from your local fishmonger.

By Joanne Lusted | Photo: Donna Griffith

Serves: 12

Hands-on time: 25 minutes

Total time: 1 hour, 5 minutes



INGREDIENTS:

- 2 tsp olive oil
- 2 cloves garlic, minced
- 6 cups baby spinach, lightly packed
- 1 cup shredded part-skim mozzarella cheese
- 1/2 cup nonfat plain Greek yogurt
- 1/2 cup low-fat plain cream cheese, softened
- 1 tbsp fresh lemon juice
- Pinch ground cayenne pepper
- 1 1/2 cups chopped cooked lobster meat
- 1 1/2 cups low-fat Brie cheese, diced (about 7 oz)
- 2 tbsp each chopped fresh chives and flat-leaf parsley
- Sea salt and fresh ground pepper, to taste

INSTRUCTIONS:

1. Preheat oven to 375°F. In a large skillet, heat oil on medium-high. Cooking in batches if necessary, add garlic and spinach and cook for 1 to 2 minutes, until spinach is just wilted. Transfer to a colander, allow to cool for 2 to 3 minutes and gently press to drain excess

- water. Cool to room temperature and transfer to a large mixing bowl. Set aside.
2. Add mozzarella, yogurt, cream cheese, lemon juice and cayenne to the bowl of a food processor and pulse until thoroughly combined. Using a spatula, scrape cheese mixture into bowl with spinach. Stir in lobster, Brie, chives and parsley. Season with salt and pepper.
 3. Transfer dip to a shallow ovenproof casserole dish and place dish on a baking tray. Heat in oven for 15 to 18 minutes, until hot and bubbling. Remove from oven and let rest for 3 to 4 minutes.

For the accompanying Lemon Rosemary Cracker recipe, plus more than 200 other recipes, [pick up a copy of The Best of Clean Eating 2!](#)

Nutrients per serving (1/3 cup dip and 1/12 of crackers): Calories: 256, Total Fat: 12 g, Sat. Fat: 3 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 21 g, Fiber: 4 g, Sugars: 1 g, Protein: 16 g, Sodium: 481 mg, Cholesterol: 33 mg

NUTRITIONAL BONUS:

This decadent dip may seem indulgent, but it is nutritionally so much better than any traditional hot cheese dip that can contain more than 55 g of fat and over 1,000 calories per serving! Each serving also packs 16 g of protein largely due to the lobster and quinoa flour (in the crackers).