

Chicken, Artichoke, Spinach and Cheese Bubble Up

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Adapted from Drizzle Me Skinny. Serves 6, 6 FSP per serving.

- 1 7.5 oz can buttermilk biscuits (the small ones, not the big fluffy ones)
- 4 oz light cream cheese, softened
- 2 Tbsp light mayonnaise
- 1/3 cup fat free sour cream
- 2 cloves garlic, minced
- 2 Tbsp parmesan cheese, grated
- dash salt and pepper
- 3 cups fresh chopped spinach
- 6 oz can artichoke hearts, drained and chopped
- 8 oz cooked shredded chicken
- 1/2 cup reduced fat shredded mozzarella

1. Preheat oven to 375. Spray a 9×13 dish with non stick spray
2. Cut each of the 10 biscuits into 8 pieces, giving you 80 pieces of dough.
3. In a large bowl, mix together softened cream cheese, mayonnaise, sour cream, parmesan cheese, garlic and salt and pepper. Mix well
4. Chop up the artichoke hearts and spinach and stir into

mixture, then stir in chicken.

5. Place half of the dough pieces into the chicken mixture and gently fold in. Then place the other half in and gently fold in again.
6. Place mixture into casserole dish and spread out evenly, making sure there are no lumps of biscuits stuck together.
7. Bake for 30 minutes, remove from oven, sprinkle mozzarella on top then return to the oven for 10 more minutes.
8. Let sit 5 minutes before cutting into 6 servings.