

SPINACH ARTICHOKE DIP- PREP LIST



GROCERIES

Produce

- 8 oz spinach
- 1 head of garlic
- Parsley (optional)

Dairy

- Butter
- 1 $\frac{3}{4}$ cup grated mozzarella
- $\frac{3}{4}$ cup grated parmesan
- $\frac{1}{3}$ cup sour cream
- 8 oz cream cheese
- $\frac{2}{3}$ cup mayo (Duke's preferred)

Seasoning

- Himalayan pink salt
- Black pepper
- Garlic powder
- Onion powder
- Red pepper flakes

Other

- 2 cups marinated artichoke hearts
- Non-stick spray
- Tortilla or pita chips, crostinis or crackers (for serving)

SUPPLIES

- Measuring spoons
- Measuring cups
- Spatula
- Non-stick pan
- Small casserole dish
- Food processor (optional)
- Paper towels
- Chef's knife
- Cutting board
- Garlic crusher



SPINACH ARTICHOKE DIP-RECIPE

Ingredients

- 8 oz cream cheese, softened
- Butter
- Non-stick spray
- 1/3 c sour cream
- 2/3 c mayo
- 8 oz fresh spinach, washed and drained
- Butter
- 2 c marinated artichoke hearts coarsely chopped
- 1 tsp minced garlic
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes
- 1 1/2 tsp garlic powder
- 3/4 c shredded parmesan cheese
- 1 3/4 cups shredded mozzarella cheese, divided
- Parsley, finely chopped

SPINACH ARTICHOKE DIP- RECIPE



Begin by preheating oven to 400° F. Add butter to large pan and place on medium heat. Once butter sizzles, add spinach to pan. Allow spinach to wilt and saute. Once spinach is cooked, transfer to a plate and let cool. Strain artichokes and chop into small chunks (you can also chop in a food processor). Transfer to a bowl.

Once sauteed spinach is cooled, transfer to paper towel and squeeze until water is released. Next, chop into small pieces using a chef's knife. Add to bowl. In the same bowl as artichokes, add chopped spinach, cream cheese, sour cream, mayo, minced garlic, salt, pepper, red pepper flakes, parmesan cheese, and $\frac{3}{4}$ c mozzarella. Spray casserole dish with non-stick spray. Next, fill with dip. Sprinkle 1 c of mozzarella cheese on top of dip and bake for 20 minutes. After baking, broil until golden brown for about 3 minutes. Garnish with parsley. Serve with tortilla chips, pita chips, crackers, or crostini!