SPINACH ARTICHOKE DIP- PREP LIST

GROCERIES

Produce
• 8 oz spinach
• 1 head of garlic
• Parsley (optional)

Dairy
• Butter
• 1 ¾ cup grated mozzarella
• ¾ cup grated parmesan
• ½ cup sour cream
• 8 oz cream cheese
• ¾ 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
• ½ c sour cream
• ⅓ c mayo
• 8 oz fresh spinach, washed and drained
• Butter
• 2 c marinated artichoke hearts coarsely chopped
• 1 tsp minced garlic
• ½ tsp kosher salt
• ¼ tsp black pepper
• ¼ tsp red pepper flakes
• 1½ tsp garlic powder
• ¾ c shredded parmesan cheese
• 1 ¾ 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 ¾ 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!