

Spinach Artichoke Dip

Spinach Artichoke dip is a popular restaurant item. Now you can make it at home with this easy recipe. Serve it at your next dinner party with crackers, bread or carrot sticks.

Makes: 4 cups Serves: 12

Ingredients

- 1 (10-ounce) package frozen chopped spinach
- 1 (14-ounce) can or jar artichoke hearts packed in water, drained
- 3 medium green onions, rinsed and trimmed
- 2 cloves garlic, peeled
- 1 cup shredded mozzarella cheese, divided
- 1/3 cup grated Parmesan cheese
- 8 ounces light cream cheese, cut into 8 pieces
- 1 cup light sour cream
- 1/2 cup light mayonnaise
- 1/4 tsp. kosher salt
- 1/4 tsp. black pepper
- Grated zest of 1 lemon
- Crackers, bread, carrot sticks for serving

Directions

1. Coat an 8x8 baking dish with cooking spray or oil.
2. Prepare the spinach. Defrost spinach in a microwave safe bowl according to package directions. When cool enough to handle, squeeze excess moisture from spinach.
3. Add drained spinach to a large skillet.
4. Chop the artichokes into bit-sized pieces, thinly slice the green onions and mince the garlic. Add everything to the skillet with the spinach.
5. Add the shredded mozzarella, grated Parmesan, cream cheese, sour cream, mayonnaise, and salt and pepper.
6. Cook over medium heat, stirring frequently, until the cream cheese is melted and the dip is evenly combined and steaming.
7. Remove dip from heat and stir in lemon zest.

Nutrition Info per serving:

Calories: 217, Saturated Fat: 5 g, Sodium: 415 mg, Added Sugars: 3.4 g Fiber: 8.7 g

Recipe adapted from:

<https://www.thekitchn.com/spinach-artichoke-dip-22949291>