



4 SERVINGS



35 MINUTES



455 CALS

The Perfect Artichoke and Spinach Dip for Any Occasion

LAUNIE KETTLER

Ingredients

- 2 tsp olive oil
- 1 10 oz box frozen spinach
- 1 cup quartered cherry tomatoes
- 1 cup artichoke hearts, drained, rinsed and roughly chopped
- 2 tbsp diced red onion
- 6 oz cream cheese
- 1/2 cup shredded sharp cheddar cheese
- 1/4 cup shredded parmesan
- 1/4 cup sour cream
- 1/4 cup full-fat Greek yogurt
- 1/2 tsp dried basil
- 1/2 tsp dried oregano

Instructions



PREP: 10M

| COOK: 25M

| READY IN: 35M

1. Preheat oven to 375 degrees.
2. Grease an 8-inch by 8-inch baking pan with olive oil.
3. Place spinach in a microwave-safe bowl with 1½ tablespoons water. Cover loosely with plastic wrap and cook on high for 6 minutes.
4. Drain liquid and squeeze spinach until it's dry.
5. In a large bowl, combine spinach, tomatoes, artichoke hearts, onion, cream cheese, cheddar, parmesan, sour cream, yogurt, basil and oregano. Stir well.
6. Bake for 25 minutes.
7. Serve with breadsticks or crudit .