

# Spinach and Artichoke Dip



## Ingredients

- 5 cups fresh spinach
- 2 cups shredded mozzarella or monterey jack cheese
- 1 cup grated parmesan
- 2 tsp minced garlic
- 2 Tbsp butter
- 8 oz cream cheese, softened
- ¼ cup sour cream
- 15 oz can of quartered artichokes

## Utensils

- 13 x 9 baking dish
- Measuring cups and spoons
- Large deep skillet
- Mixing bowl
- Spatula



# Recipe Instructions

## Step 1: Prep

Preheat oven to 350°  
Measure out all ingredients.

## Step 2: Sauté

In skillet, sauté the spinach and the garlic in the butter until the spinach wilts.

## Step 3: Mix

In a mixing bowl, combine the cream cheese, sour cream, 1 cup of mozz or jack cheese, ½ cup of parm, and the drained artichoke hearts.

Stir until combined.

## Step 4: Combine

Add the cooked spinach into the mixing bowl and continue to mix until everything is combined.

## Step 5: Spread & Sprinkle

Spread the mixture into the baking dish.  
Sprinkle with remaining cheeses.

## Step 6: Bake and Enjoy!

Bake at 350° for at least 25 minutes or until the cheese has melted. You may also set your oven to broil to help the cheese crisp up a bit.

Serve with chips, crackers, or veggies and enjoy!!



Scan this QR code with your phone to view an instructional video on how to make this recipe on our YouTube Channel!

## Kitchen Safety Tips:

Always use pot holders or oven mitts when handling pans in the oven, or pots on the stove.