



Spinach and Artichoke Dip

Ingredients

- 1 cup thawed, chopped frozen spinach
- 1½ cups thawed, chopped frozen artichoke hearts
- 6 ounces cream cheese
- ¼ cup sour cream
- ¼ cup mayonnaise
- ⅓ cup grated Parmesan cheese
- ½ teaspoon red pepper flakes
- ¼ teaspoon salt
- ¼ teaspoon garlic powder

Instructions

1. In a saucepan, bring 1 cup of water to a boil. Add the spinach and artichokes and cook until tender, about 3–5 minutes. Drain well, discarding the cooking water.
2. Heat the cream cheese in the microwave for about 1 minute, or until softened and warm.
3. In a mixing bowl, combine the softened cream cheese with sour cream, mayonnaise, Parmesan, red pepper flakes, salt, and garlic powder. Stir until smooth.
4. Fold in the drained spinach and artichokes until everything is well mixed.
5. Serve warm as a dip with chips, bread, or fresh veggies.