RECIPE

Spinach and Artichoke Dip

A creamy baked party dip of white beans, spinach, artichokes and Parmesan, a warm appetizer to scoop with bread or vegetables.

MAKES

10 servings US Metric

TOTAL

40 min

Ingredients

- [ ] 1 can (15 oz) no-salt-added white beans, drained and rinsed
- [ ] ½ cup plain nonfat Greek yogurt
- [ ] ¾ cup grated Parmesan, divided
- [ ] 1 box (10 oz) frozen chopped spinach, thawed and squeezed dry
- [ ] 1 can (14 oz) artichoke hearts, drained and chopped
- [ ] 2 cloves garlic, minced
- [ ] ¼ tsp black pepper
- [ ] Raw vegetables (carrots, celery, bell pepper), for serving

Method

1. Heat the oven to 375 °F. Thaw the spinach. Wrap it in a clean towel and wring it out hard over the sink until it stops dripping.
2. In a food processor, blend the beans and yogurt until smooth, about 1 minute. Scrape it into a large bowl and stir in ½ cup of the Parmesan, the garlic and the pepper.
3. Fold in the spinach and the artichokes until evenly mixed.
4. Spread the dip in a 1½-quart baking dish and sprinkle the last ¼ cup of Parmesan on top.
5. Bake 20 to 25 minutes, until it bubbles at the edges and the top is golden.
6. Let it stand 5 minutes. Serve warm with the raw vegetables.