



Spicy Spinach Artichoke Dip

Camine Pappas / December 2019

INGREDIENTS:

1 ½ cans artichoke hearts, drained and chopped (from 2, 14 oz. cans)
¾ C thawed frozen spinach complete drained of all moisture*
2 ounces grated pepper jack cheese
2 ounces grated Emmental cheese (can use parmigiana reggiano as well, any any hard salty cheese)
1/3 C 5% Greek Yogurt
½ C mayonnaise
½ t paprika
1 t chili flakes (I used 2 t for more heat!)
½ t salt
¼ t pepper

METHOD:

Preheat oven to 375 degrees F.

In a large bowl mix the chopped artichoke hearts, the thawed spinach, and all other ingredients. Stir to mix well. Spread into an oven safe serving dish, and bake for 20 minutes or until very hot and cheese is melted. Garnish with a little more paprika. Serve!



**I buy a 16 ounce package of frozen chopped spinach and use a little more than half of the package. I then put it in lukewarm water until thawed. Then push through a sieve using a spoon to get most of water out. Then I wrap it in a couple of paper towels and wring it over the sink to get all the remaining water out. It ends of being about ¾ C of clumped spinach after that.*

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