

# SPINACH ARTICHOKE DIP

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*Recipe from FoodBabe.com • Modified by Jenna Volpe, RD*

## Ingredients

- 1 bag frozen artichoke hearts, thawed and chopped
- 950 ml (4 cups) finely chopped spinach, kale, Swiss chard, or collards
- 1 garlic clove minced, or 5 ml (1 tsp.) pre-minced garlic
- .5 ml ( $\frac{1}{8}$  tsp.) fresh nutmeg
- .5 ml ( $\frac{1}{8}$  tsp.) cayenne pepper (optional)
- 5 ml (1 tsp.) salt
- 5 ml (1 tsp.) black pepper
- 125 ml ( $\frac{1}{2}$  cup) sour cream
- 125 ml ( $\frac{1}{2}$  cup) plain 2% Greek yogurt
- 45 ml (3 Tbsp.) full-fat mayonnaise
- 45 ml (3 Tbsp.) Parmesan cheese, plus more for topping
- Coconut oil or small amount of butter, for greasing

## Directions

- Preheat oven to 190°C (375°F).
- Combine all ingredients in a large bowl and place into a medium-sized baking dish greased with coconut oil or butter.
- Top with additional cheese if desired.
- Bake covered for approximately 30–45 minutes.
- Remove from oven, and let sit for at least 5 minutes before serving with pita or tortilla chips.