

# 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
- 4 cups finely chopped spinach, kale, Swiss chard, or collards
- 1 garlic clove minced, or 1 tsp. pre-minced garlic
- ⅛ tsp. fresh nutmeg
- ⅛ tsp. cayenne pepper (optional)
- 1 tsp. salt
- 1 tsp. black pepper
- ½ cup sour cream
- ½ cup plain 2% Greek yogurt
- 3 Tbsp. full-fat mayonnaise
- 3 Tbsp. Parmesan cheese, plus more for topping
- Coconut oil or small amount of butter, for greasing

## **Directions**

- Preheat oven to 375°F.
- Combine all ingredients in a large bowl and place into a medium-sized baking dish greased with coconut oil.
- 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.