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## Spinach Artichoke Dip

*From Jenn's favorites*

Jenn promises that this is gone in 10 minutes in any group. Serve with pita wedges or crudites.

Quantity	Ingredients	Preparation Notes
1 Tbsp	Canola Oil	• Preheat oven to 375 degrees
1 med	Onion, finely chopped (1 1/2 Cups)	• Heat the oil in a saute pan over medium heat.
3	Cloves Garlic	• Add onions and cook stirring occasionally, 4 to 5 minutes.
1-9 oz pkg	Artichoke Hearts, defrosted, rinsed and dried	• Add garlic and cook an additional 3 to 4 minutes, or until onions are light golden but not browned.
1-10 oz pkg	Frozen chopped spinach, defrosted, squeeze out excess liquid	• Remove from heat and cool.
1/2 C	Reduced Fat Sour Cream	• In the bowl of a food processor combine artichoke hearts, spinach, sour cream, mayonnaise, Neufchatel, mozzarella and salt and pepper.
2 Tbsp	Mayonnaise	• Process until smooth.
1/2 C	Neufchatel Cheese (reduced fat cream cheese - 4 oz)	• Add cooled onion-garlic mixture to the food processor and pulse a few times to combine.
2 oz	Shredded Part Skim Mozzarella Cheese	• Transfer mixture into an 8-inch glass square baking dish or 9-inch glass pie plate which has been lightly sprayed with cooking spray.
1/2 tsp	Salt	• Bake for 15 to 20 minutes or until heated through.
1/4 tsp	fresh ground pepper	