

Spinach Artichoke Dip

Ingredients:

14oz can of artichoke hearts
10oz pack of frozen spinach
1 cup cottage cheese (blended)
3/4 cup plain greek yogurt
1/4 cup vegan mayo
1/2 cup grated parmesan
1/2 cup shredded mozzarella
2 cloves of garlic minced
1 TBSP of minced onions (the spice not raw onions)
1/4 tsp. pepper
1/2 tsp. salt

Directions:

First, defrost your frozen spinach and squeeze out all the water. You do not want the extra moisture in the dip. Then drain the canned artichoke hearts, chop them into 1/2-inch pieces, and set them aside. Then mince two garlic cloves and add them to a pan with a splash of olive oil. Cook until the garlic turns a light golden brown. While the garlic is cooking, add 1 cup of cottage cheese to a blender and blend until smooth. Add that to a pan with your greek yogurt, vegan mayo, mozzarella, parmesan, garlic, minced onions, pepper, and salt. Heat this on medium until the mixture becomes smooth and creamy. Add in the spinach and artichokes and mix to combine. Pour the mixture into an oven-safe dish, top with more cheese, and place it in the oven on broil for 5 minutes or until the cheese begins to brown and bubble. Let the dip rest 5 minutes before serving.

Buon Appetito!

Cooking Time: 10-15 Minutes

Serving Size: 10

Cooking Appliance: Oven and Stove

Notes: