

## **Cheese-Trio Artichoke and Spinach Dip**

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**Preparation Time: 20 minutes**

**Cook time: 2 hours**

**1 cup fresh mushrooms, chopped**  
**1 tablespoon butter**  
**2 cloves garlic, minced**  
**1 1/2 cups mayonnaise**  
**1 package (8 oz) cream cheese, softened**  
**1 cup Parmesan cheese, grated**  
**1 cup (4 oz) part-skim mozzarella cheese, shredded and divided**  
**1 can (14 oz) water-packed artichoke hearts, rinsed, drained and chopped**  
**1 package (10 oz) frozen chopped spinach, thawed and squeezed dry**  
**1/4 cup sweet red pepper, chopped**  
**2 tablespoons Parmesan cheese, grated**  
**Toasted French bread baguette slices**

In a large skillet, saute' the mushrooms in butter until tender. Add the garlic. Cook 1 minute longer.

In a large bowl, combine the mayonnaise, cream cheese, one cup of Parmesan cheese and 3/4 cup of mozzarella cheese.

Add the mushroom mixture, artichokes, spinach and red pepper.

Transfer to a 3-quart slow cooker. Sprinkle with the remaining cheeses.

Cover and cook on LOW for 2 to 3 hours or until heated through.

Serve with the baguette slices.

Yield: 4 cups

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Per Serving (excluding unknown items): 3833 Calories; 402g Fat (89.2% calories from fat); 74g Protein; 35g Carbohydrate; 15g Dietary Fiber; 472mg Cholesterol; 4695mg Sodium. Exchanges: 8 Lean Meat; 5 Vegetable; 43 Fat.