

Hot Spinach and Artichoke Dip

Alton Brown
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*1 cup frozen spinach,
thawed and chopped*
*1 1/2 cups frozen artichoke
hearts, thawed and
chopped*
6 ounces cream cheese
1/4 cup sour cream
1/4 cup mayonnaise
*1/3 cup grated Parmesan
cheese*
*1/2 teaspoon red pepper
flakes*
1/4 teaspoon salt
1/4 teaspoon garlic powder

Preparation Time: 10 minutes

Cook Time: 5 minutes

Boil the spinach and artichokes in one cup of water until tender. Drain. Discard the liquid.

Heat the cream cheese in the microwave for 1 minute or until hot and soft.

Stir in the sour cream, mayonnaise, Parmesan, red pepper flakes, salt and garlic powder.

Serve hot.

Per Serving (excluding unknown items): 1440 Calories; 129g Fat (77.7% calories from fat); 39g Protein; 44g Carbohydrate; 25g Dietary Fiber; 252mg Cholesterol; 2218mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 7 Vegetable; 0 Non-Fat Milk; 18 Fat.