

# The Best Spinach Artichoke Dip

*www.FoodNetwork.com*

## **Servings: 8**

*nonstick cooking spray  
8 ounces cream cheese,  
room temperature  
1/2 cup sour cream  
1/4 cup mayonnaise  
1 clove garlic, grated  
1 box (10 ounce) frozen leaf  
spinach, thawed, drained  
and squeezed dry, coarsely  
chopped  
1 can (14 ounce) artichoke  
hearts, drained well and  
coarsely chopped  
1/2 cup shredded whole  
milk mozzarella  
3/4 cup freshly grated  
Parmesan  
Kosher salt  
freshly ground black pepper  
crackers, chips or toasted  
bread (for serving)*

## **Preparation Time: 10 minutes**

Position a rack in the upper third of the oven.  
Preheat the oven to 350 degrees.

Spray a one-quart baking dish with nonstick  
cooking spray.

In a large bowl, place the cream cheese, sour  
cream, mayonnaise and garlic. Mix vigorously  
until combined and smooth. (If you prefer, you  
can use a stand mixer fitted with the paddle  
attachment.)

Add the spinach to the cream cheese mixture,  
breaking it up as you add it. Add the artichokes,  
mozzarella and 1/2 cup of the Parmesan, mixing  
to combine. Season with salt and pepper.

Transfer the mixture to the prepared baking dish.  
Top with the remaining 1/4 cup of Parmesan.

Bake until the dip begins to bubble, 20 to 25  
minutes.

Turn the oven to broil. Continue to cook,  
keeping an eye on it so it does not burn, until the  
top is golden brown, about 5 minutes.

Serve warm with crackers, chips or toasted  
bread.

*To thoroughly dry the  
spinach, put the thawed  
spinach in a clean kitchen  
towel over a bowl or the sink  
and twist to squeeze out all  
the moisture.*

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Per Serving (excluding unknown  
items): 185 Calories; 19g Fat  
(88.1% calories from fat); 3g  
Protein; 3g Carbohydrate; 1g  
Dietary Fiber; 40mg Cholesterol;  
141mg Sodium. Exchanges: 1/2  
Lean Meat; 0 Vegetable; 0 Non-Fat  
Milk; 3 Fat.