

Warm Spinach and Artichoke Dip

Stonyfield Farm, Inc.

*1 tablespoon butter
2 tablespoons olive oil
1 3/4 cups onion, chopped
2 cloves large garlic, minced
2 tablespoons all-purpose flour
1/2 cup low-sodium chicken broth
1 package (10 ounce) ready-to-use
fresh spinach leaves
1 cup artichoke hearts, drained and
chopped
1 cup Parmesan cheese, grated
3/4 cup organic whole milk plain
yogurt
1/2 tablespoon cayenne pepper
sliced baguette bread (for serving),
toasted*

In a large heavy pot over medium heat, melt the butter. Add the onion and garlic. Saute' until the onion is tender, about 6 minutes. Add the flour, stir for 2 minutes.

Gradually whisk in the stock. Bring to a boil, whisking constantly. Cook until the mixture thickens, stirring frequently, about 2 minutes. Remove from the heat.

Stir in the spinach, artichoke hearts, cheese, yogurt and cayenne (the spinach will wilt). Season with salt and pepper.

Transfer the dip to a serving bowl. Serve warm with toasted baguette slices.

Per Serving (excluding unknown items): 975 Calories; 65g Fat (57.1% calories from fat); 50g Protein; 60g Carbohydrate; 15g Dietary Fiber; 94mg Cholesterol; 1795mg Sodium. Exchanges: 1 Grain(Starch); 5 1/2 Lean Meat; 7 1/2 Vegetable; 9 1/2 Fat.