
Lakeside Spinach Dip

Ethel Vander Weidele

Nettles Island Cooking in Paradise - 2014

1/2 cup sour cream

1/2 cup mayonnaise

1/2 cup Parmesan cheese

1/2 cup mozzarella cheese

1 teaspoon garlic, minced

1 package (10 ounce) frozen spinach, thawed and squeezed

1 can (14 ounce) artichoke hearts, chopped

In a bowl, combine all of the ingredients. Mix well.

Place the mixture into a shallow casserole dish.

Bake at 325 degrees for 15 to 20 minutes.

Serve with warm tortilla chips.

Per Serving (excluding unknown items): 1481 Calories; 144g Fat (83.2% calories from fat); 41g Protein; 24g Carbohydrate; 9g Dietary Fiber; 172mg Cholesterol; 1862mg Sodium. Exchanges: 4 Lean Meat; 3 1/2 Vegetable; 1/2 Non-Fat Milk; 15 1/2 Fat.