

Starters, Sides, and Complements

Spinach and Artichoke Dip

** Vegetarian, Gluten-Free*

Invited to a potluck? Feeling stressed because you don't know what to bring? Stress no longer! This appetizer is easy to make, delicious, and a super crowd pleaser!

You'll Need

- 1 1/4 cup mayonnaise
- 1 1/4 cup Parmesan cheese
- 2 cloves garlic, minced
- Salt and pepper
- 1 14 oz. can artichokes
- 1 10 oz. box frozen spinach thawed
- 1/2 cup diced red pepper

Directions

- Set oven to 350° F.
- In a mixing bowl, mix mayonnaise, parmesan, garlic, salt, and pepper.
- Drain artichokes and cut into smaller pieces.
- Remove excess liquid from spinach.
- Add the artichokes, spinach, and diced red pepper s to mayonnaise mix. Mix well.
- Pour mixture into a 9" x 9" baking dish.
- Bake 30 - 35 minutes or until bubbling around edges.
- Serve with tortilla chips, bread, carrot sticks or side of choice.



Play with Your Food

- Add mozzarella cheese on top.
- Only use 1 garlic clove instead of 2.
- Use a roasted red bell pepper instead.

Medwell Kitchen Tested