

Southern Delight®

Piping Hot Spinach-Artichoke Dip

An Easy, Heart-Healthy Recipe

INGREDIENTS

- 1 16 oz. Package Frozen Chopped Spinach
- 2 14 oz. Cans Artichoke Hearts (rinsed and drained)
- 1 8 oz. Block Fat Free Cream Cheese
- 2 Tbsp. Southern Delight Basil & Oregano No-Salt-Added Italian Seasoning Blend
- 1 16 oz. Container Fat Free Sour Cream
- 1 8oz. Jar Grated Parmesan Cheese

DIRECTIONS

Thaw Spinach in microwave and squeeze out water. Cube softened Fat Free Cream Cheese into medium bowl. Add sour cream and stir to combined well. Rinse and drain Artichoke Hearts and chop in food processor, pulsing until chopped to medium-small pieces. Stir in Artichoke Hearts, and Basil & Oregano No-Salt-Added seasoning to the Cream Cheese/Sour Cream blend. Add Grated Parmesan Cheese and stir to combine well. Transfer to 8X8 baking dish or to multiple smaller baking dishes. Bake at 350° for 30 min.

Serve hot with low-sodium tortilla chips or crackers. Serves 8-10. Enjoy!

No Salt Added...*Just Great Taste!*™

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