

Hot Spinach-Artichoke Dip by Lynn's Recipes



A delicious hot dip that is great served as an appetizer for a party or any occasion requiring an appetizer. This came from Southern Living.

Ingredients:

- 1 cup freshly grated Parmesan cheese
- 1 cup reduced-fat sour cream
- $\frac{1}{2}$ cup mayonnaise
- 4 green onion, sliced
- 3 Tablespoons fresh lemon juice
- 1 garlic clove, pressed
- 1-1/4 cups (5 oz) shredded pepper Jack cheese, divided
- 1 (10-oz.) package frozen chopped spinach, thawed and well drained
- 1 (14 oz.) can medium-size artichoke hearts in water, drained and chopped

Crackers, toasted baguette or assorted vegetables for dipping

Preheat oven to 350°. Stir together first 6 ingredients and 1 cup of pepper Jack cheese. Fold in spinach and artichokes. Spoon into a 1 quart casserole dish that you have sprayed with cooking spray. Sprinkle with the remaining $\frac{1}{4}$ cup pepper Jack cheese.

Bake at 350° for 30 minutes or until center is hot and edges are bubbly.

Serve with assorted crackers, toasted baguette or assorted vegetables.

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