

# Instant Pot Garlicky Spinach and Feta Dip

## Ingredients

3 cloves garlic, minced  
1 tablespoon olive oil  
10 ounces fresh spinach  
8 ounces fresh spinach  
1 8 ounce pkg. cream cheese, softened  
1 cup plain Greek yogurt  
1 cup mayonnaise  
1/3 cup sliced pitted Kalamata olives  
1/4 teaspoon freshly ground black pepper  
1 cup crumbled feta cheese (4 oz.)  
1/2 cup chopped green onions  
Pita chips, multi-grain snack chips, and/or assorted vegetable dippers

## Method

In a 6-qt. electric pressure cooker use the saute setting to cook and stir garlic in hot oil 1 minute. Gradually add spinach; cook and stir until spinach wilts. Drain well; cool slightly. Press out any excess liquid from the spinach

Using kitchen scissors, snip the greens into bite-size pieces. In a large bowl combine greens, the next five ingredients (through pepper), 3/4 cup of the feta, and 1/3 cup of the green onions. Transfer to a 1 1/2-qt. round ceramic or glass baking dish.

Place steam rack in pot. Add 2 cups water to pot. Cut three double-thick 18x3-inch heavy foil strips. Crisscross strips and place dish on top of crisscross. Use strips to place dish on the steam rack. Lock lid in place.

Set electric cooker on high pressure to cook 10 minutes. Cook 10 minutes. Remove from heat. Release pressure quickly. Open lid carefully. Use foil strips to lift dish out of pot. Stir. Sprinkle with remaining feta and green onions. Serve with pita chips and/or vegetables.

## Tip

Two 10-oz. pkg. frozen, chopped spinach, thawed and well-drained, can be used in place of the fresh greens.

