

Spinach-Artichoke Dip

Ingredients:

- 1lb fresh spinach, stems removed or 10z frozen spinach
- 1 tbsp butter
- ½ a small, minced onion
- 1 clove garlic
- 1 Tbsp lemon juice
- 1 tsp Worcestershire sauce
- 8 oz block cream cheese, softened
- ¾ cup grated parmesan cheese
- ½ cup sour cream or Greek yogurt
- ¼ cup mayonnaise
- 1 Tbsp [nutritional yeast](#)
- ¼ tsp [mineral salt](#)
- 1/8 tsp black pepper
- artichoke hearts, squeezed dry and roughly chopped
- ½ cup shredded white sharp cheddar cheese

Instructions

Preheat oven to 350 degrees F.

Boil and drain spinach if using fresh. Thaw if using frozen spinach.

Sauté onion and garlic in butter until fragrant. Remove from heat.

Add lemon juice and Worcestershire sauce.

At this point, you can use a wooden spoon to mix or transfer your ingredients to a mixer to get the ingredients blended well.

Add cream cheese, parmesan cheese, sour cream, mayonnaise, nutritional yeast, salt, and pepper and mix well.

Finely chop spinach and artichokes and stir into cheese mixture.

Put mixture into an oven-safe dish and top with sharp white cheddar.

Bake until dip begins to bubble and top begins to brown 20-25 minutes.

Serve with crackers, chips, or veggies for dipping.