

# Spinach and Artichoke Dip in a Bread Bowl



## Servings: 10

*10 ounces frozen spinach, thawed*  
*14 ounces canned artichoke hearts, chopped*  
*1 roasted red pepper, chopped*  
*3 green onions, sliced*  
*1/2 avocado*  
*1/2 cup mayonnaise*  
*1 tablespoon lemon juice*  
*1/2 teaspoon salt*  
*1/2 teaspoon garlic powder*  
*1/4 teaspoon black pepper*  
*1 loaf sourdough bread*

Place spinach between 2 paper towels. Squeeze out as much liquid as you can.

In a large bowl combine spinach, artichoke hearts, roasted red pepper, and green onions. Mix to combine and set aside.

In a separate bowl mash the avocado. Add mayonnaise, lemon juice, salt, garlic powder, and black pepper. Stir to combine.

Add the spinach mixture to the avocado mixture. Mix until well combined.

Cut the top off of the sourdough loaf and cut out the middle of the bread leaving a 1-inch shell.

Pour the Spinach and Artichoke Dip into the hollowed out bread. Place on a baking sheet lined with parchment paper.

Bake in a 350°F oven for 20 minutes or until hot.

Serve with crackers.

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Per Serving (excluding unknown items): 61 Calories; 3g Fat (40.3% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 448mg Sodium; 2g Total Sugars; 0mcg Vitamin D; 48mg Calcium; 1mg Iron; 141mg Potassium; 27mg Phosphorus. Exchanges: .