



Spinach and Artichoke Dip

Sour Cream	½ cup
Onion (sm)	1 ea
Garlic	2-3 cloves
Artichoke Hearts	14 oz
Spinach (Frozen)	10 oz
Cream Cheese	1 lb
Mozzarella Cheese Grated	6 oz
Parmesan Cheese Grated	1 oz
Black Pepper	To Taste

Steps

1. Preheat oven to 350 degrees
2. Squeeze spinach to remove excess liquid.
3. Small dice the onion and saute with garlic.
4. Combine sour cream, onion, artichoke hearts, spinach, cream cheese, half of the mozzarella, and half of the parmesan until smooth.
5. Season the mixture.
6. Place mixture in a oven safe dish.
7. Top with remaining cheese and place in oven for about 30 minutes.
8. After 30 minutes, place under broiler until golden brown and delicious.

Recipe by Michael J. Stamets, Instructor

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