

Spinach and Artichoke Dip

Ingredients

Artichoke hearts 2 (14 oz.) cans	Parmesan, grated 4 oz.
Spinach (fresh) 10 oz.	Mozzarella, shredded 8 oz.
Cream cheese, softened 8 oz.	Salt ½ tsp.
Mayonnaise ½ cup	Black pepper ½ tsp.
Sour cream ½ cup	Red pepper flakes ½ tsp.
Garlic cloves 3	MSG ¼ tsp.

Directions

Preheat oven to $375^{\circ}F$ — Drain and chop **artichoke hearts** — Rough chop **fresh spinach** — Mince **garlic**

1. In a large bowl, combine softened **cream cheese**, **mayonnaise**, and **sour cream** until smooth.
2. Mix in minced **garlic**, **salt**, **black pepper**, **red pepper flakes**, and **MSG**.
3. Fold in chopped **artichoke hearts**, chopped **spinach**, **Parmesan**, and half of **mozzarella**.
4. Transfer mixture to a 2-quart baking dish and top with remaining **mozzarella**.
5. Bake for *30-35 minutes* until bubbly and golden brown on top.
6. Let rest for *5-10 minutes* before serving.

Equipment Required

- 2-quart baking dish (ceramic or glass)
- Large mixing bowl (for combining ingredients)
- Medium bowl (for cheese)
- Cutting board and sharp knife
- Measuring cups and spoons
- Rubber spatula or wooden spoon
- Garlic press (optional)
- Colander (for draining artichokes)

Mise en Place

- Remove **cream cheese** from refrigerator at least *1 hour* before starting
- Drain **artichoke hearts** thoroughly before chopping
- Grate cheeses while **cream cheese** is softening
- Have all ingredients measured and ready before assembly

Ingredient Tips

- Use artichoke hearts packed in water rather than marinated varieties
- Fresh spinach provides better texture than frozen, but if using frozen, thaw and squeeze out all excess moisture
- Full-fat dairy products yield the best texture and flavor
- For extra flavor, add a pinch of cayenne or increase **red pepper flakes**

Preparation Tips

- Rough chop spinach and artichokes for better texture - avoid fine chopping
- Don't overmix after adding **spinach** and **artichokes** to maintain texture
- Press **garlic** just before mixing to maximize flavor
- For best browning, add final layer of **mozzarella** just before baking
- If top browns too quickly, cover loosely with foil

Make Ahead & Storage

- Can be assembled up to *24 hours* in advance and refrigerated
- If made ahead, bring to room temperature for *30 minutes* before baking
- Leftovers can be refrigerated for up to *3 days*
- Reheat in *350°F* oven until warm, about *15-20 minutes*

Serving Suggestions

- Serve with toasted baguette slices, crackers, or fresh vegetables
- For best texture, allow to cool slightly before serving
- Garnish with fresh cracked pepper or chopped parsley if desired
- Pairs well with a crisp white wine or light beer