

**Spinach Artichoke Dip**

*With fresh spinach and no mayonnaise.*

**Ingredients for Spinach Artichoke Dip:**

8 ounces artichoke hearts  
10 ounces fresh spinach  
1 shallot  
2 tsp lemon juice  
2-3 tsp minced garlic  
6 ounces cream cheese  
6 ounces ricotta cheese  
6 ounces sour cream  
3/4 cup shredded Parmesan cheese, divided  
hot sauce, cayenne, red pepper flakes to taste  
salt & pepper to taste



**NOTES:** One 14 ounce can of artichoke hearts, drained and excess water removed, produces approximately 8 ounces and approximately 8 hearts. Frozen, thawed artichokes may also be used. Try Pecorino Romano or other cheeses. This recipe makes 5-6 cups Spinach Artichoke Dip. For parties, I ease back on the garlic. Consider dividing into individual ramekins for a unique and fun dinner party starter. Keep warm at a party by serving in a crock-pot. May also be made in advance and baked just before serving or it can even be served cold.

**Directions:**

1. Preheat oven to 350(F). Finely mince garlic and shallots. Add a drizzle of olive oil to pan and saute garlic and shallot over very low heat, just until fragrant.
2. Roughly chop spinach and add to pan. After a few moments the spinach will soften enough to combine with the the shallot and garlic. Squeeze 1 teaspoon fresh lemon over spinach and stir again.
3. Roughly chop artichoke hearts and add to pan. Stir. Squeeze remaining 1 teaspoon fresh lemon juice over mixture and continue heating over very low heat.
4. In a separate bowl, combine cream cheese, sour cream and ricotta cheese. Add mixture to pan and incorporate. Allow to heat through. Add 1/4 cup shredded Parmesan to mixture and combine. Check for seasoning and add salt (about 1 teaspoon sea salt), black pepper and a dash of your favorite hot sauce, cayenne pepper or red pepper flakes. Add more lemon or other seasonings if desired.
5. Spoon mixture into shallow baking dish or individual ramekins and top with remaining Parmesan cheese. Bake in preheated oven for 5-10 minutes and finish under a 500(F) broiler 2-3 minutes to crisp cheese on top.
6. Serve piping hot with toasted bread, pita chips or crackers. Enjoy!