

Recipe from Eat Happy Too by Anna Vocino

SPINACH AND ARTICHOKE DIP

(Yields scant 3 cups)

For this recipe, I use a can of artichoke hearts in water, drained, rough tops of stems cut off and discarded.

8 ounces cream cheese, brought to room temperature
8 ounces sour cream
1 tablespoon minced shallot
1 teaspoon minced garlic
2 green onions, white and palest green parts, minced
1/2 teaspoon salt
1/4 teaspoon fresh pepper
1/4 teaspoon ground cayenne pepper
1½ cups chopped fresh baby spinach leaves
1 cup chopped artichoke hearts
1/3 cup water chestnuts, chopped
1/4 teaspoon smoked paprika

In a large mixing bowl, whisk together cream cheese and sour cream. Whisk in shallot, garlic, green onions, salt, pepper, and cayenne. Fold in spinach leaves, artichoke hearts, and water chestnuts. Pour into a serving dish, garnish with smoked paprika, and serve.

