

SPINACH-ARTICHOKE ASIAGO DIP



BY: [THE CANADIAN LIVING TEST KITCHEN](#)

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You'll be the hero of the holidays with this rich and welcoming cheesy dip. Serve with crudités, salami and/or tortilla chips.

Prep time: 15 minutes

Total time: 45 minutes

Portion size: 26 servings

INGREDIENTS:

- **half 300 g** pkg frozen spinach, thawed (about 1 1/2 cups)
- **2** 170 ml jars marinated artichokes, drained and chopped
- **1 cup** + 2 tbsp shredded Asiago cheese, divided
- **3/4 cups** cream cheese, cubed and softened
- **1/2 cup** 2% milk
- **1/4 cup** sour cream
- **1/4 cup** mayonnaise
- **1/2 teaspoon** garlic powder
- **pinch** pepper
- crudités and/or salami (optional)

NUTITIONAL FACTS, per ~2 TBSP:

Sodium: 123 mg

Calories: 70

Cholesterol: 14 mg

Sugars: 1 g

Total fat: 6 g

Saturated fat: 3 g

Protein: 2 g

Potassium: 40 mg

Total carbohydrate: 2 g

METHOD:

- Preheat oven to 375°F.
- Over colander, squeeze spinach by handfuls to remove as much water as possible; transfer to bowl. Stir in artichokes, 1 cup of the Asiago, cream cheese, milk, sour cream, mayonnaise, garlic powder and pepper.
- Transfer mixture to shallow 1 L baking dish or ovenproof skillet. Bake until bubbly and browned on top, about 25 minutes. Sprinkle with remaining 2 tbsp Asiago; broil until top is browned, 2 to 3 minutes.
- Serve with crudités and salami (if using).

Test Kitchen Tip: Look for bags of frozen spinach rather than blocks; bagged spinach has less liquid to squeeze out, saving both time and effort.