

# SPINACH & ARTICHOKE DIP

from TARA GREEN

---

## INGREDIENTS

2 8 oz. cans of water packed Artichokes (drain & dice)  
1 (10-ounce) package frozen chopped spinach  
1 cup mayonnaise  
1/2 cup sour cream  
2 tsp green chilies (more to taste)  
1 cup shredded mozzarella

---

## DIRECTIONS

Preheat the oven to 350 degrees F. Grease a casserole dish with nonstick spray.

Heat the spinach in a microwave oven on high for 5 minutes and squeeze dry. Drain the artichoke hearts and coarsely chop in a food processor.

Mix all ingredients together

Bake at 350 degrees for 20-25 minutes

Service in a hollowed bread bowl with crackers, bread slices, and/or cut up vegetables

