



Elliott Evans Nutrition, LLC
Prevent and Protect
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HOT SPINACH-ARTICHOKE DIP

Southern Living – December 2011

- 1 cup freshly grated Parmesan cheese**
- 1 cup reduced-fat sour cream**
- 1/2 cup mayonnaise**
- 4 green onions, sliced**
- 3 tablespoons fresh lemon juice**
- 1 garlic clove, pressed**
- 1¼ cups (5-oz) shredded pepper Jack cheese**
- 1 10-oz package frozen chopped spinach, thawed and well drained**
- 1 14-oz can medium-size artichoke hearts, drained and chopped**
- Crackers and assorted fresh vegetables**

- **Preheat oven to 350 degrees.**
- **Stir together first 6 ingredients and 1 cup pepper Jack cheese. Fold in spinach and artichokes. Spoon into a lightly greased 1-quart baking dish. Sprinkle with remaining ¼ cup pepper Jack cheese.**
- **Bake at 350 for 30 minutes or until center is hot and edges are bubbly. Sprinkle with freshly ground pepper to taste.**
- **Serve with crackers and assorted fresh vegetables.**