



BAKED SPINACH DIP

Who doesn't like spinach dip? It's irresistible. Yet, most recipes call for cream cheese, sour cream or mayonnaise. Our baked spinach dip, made with protein-packed Pure Smári, is as irresistible as the old school recipe, just a whole lot healthier.

Smári

Serves 4-6
Total Time 1 hour

INGREDIENTS

3 tablespoons olive oil
10 oz spinach, cleaned and stemmed
1 medium yellow onion, small dice
2 medium garlic cloves, finely minced
9 oz Pure Smári Nonfat or Whole Milk
2/3 cup (2 oz) grated Parmesan plus 3 tablespoons to top before baking
1/3 cup (1 oz) grated part skim mozzarella
1/3 cup (1 oz) extra sharp cheddar
1/4 teaspoon Worcestershire Sauce
1/2 teaspoon dry mustard
1/4 teaspoon cayenne
black pepper
lemon zest

optional: 1/4 cup chopped pitted black olives or chopped artichoke hearts (add with yogurt and cheese)

PREPARATION

- 1) Heat 1 tablespoon of olive oil in a 12" sauté pan over medium-high heat. Crowd spinach into pan and season with salt. Cook, stirring, until wilted and tender, approximately 3 1/2 minutes.
- 2) Transfer spinach into a colander, let cool. Squeeze the excess liquid from spinach and roughly chop. Transfer to a medium bowl.
- 3) Heat 2 tablespoons of olive oil in an 8" sauté pan over medium heat. Add onions and season with salt. Slowly cook until completely tender adding water if needed and stirring often, 15-20 minutes. A little color on the onions is ok. Add garlic and cook for one more minute. Let cool slightly.
- 4) Transfer onion mixture to a food processor with a blade attachment. Add the yogurt, Parmesan, mozzarella, sharp cheddar, Worcestershire Sauce, dry mustard, cayenne, black pepper, and lemon zest. Process until smooth- approximately 45 seconds. Fold puréed yogurt mixture into spinach until thoroughly combined.
- 5) Transfer to a greased 1 qt. baking dish. Top with grated Parmesan. Bake on the middle rack in the center of the oven until golden and bubbling, 25-30 minutes.
- 6) Serve with toasted baguette or crackers.

