



# Spinach & Artichoke Dip

## PREP TIME

10 min

## TOTAL TIME

20 min

## Nutrition Information Per Serving

Makes 8 servings

FAT	PROTEIN	CARBS	CALORIES
16g	9g	6g	202

## Ingredients

1 cup chopped frozen spinach, thawed

1 (14 oz) can artichokes, chopped

8 oz cream cheese

½ cup Parmesan cheese

1 cup sour cream

½ tsp red pepper flakes

¼ tsp garlic powder

¼ tsp salt

## Instructions

1. Boil spinach and artichokes in 1 cup of water. Once tender, drain and discard liquid. Set aside.
2. In a medium saucepan or pot, melt cream cheese and Parmesan cheese over medium heat.
3. Stir in sour cream, cooked spinach and artichokes, and other seasonings.
4. Serve hot.

### Pro Tip

Serve with your favorite Virta approved veggies!