**Carol’s Hot Spinach Artichoke Dip**

The Big Game is coming up this weekend, which means this is officially my two year anniversary as being the Z’s resident foodie…on the air that is. I’ve been the Z foodie off the air since starting at the Z full time in 2005. As an intern in 2002, I planned my own going away party pot luck and brought in a cooler full of food.  So yeah, when they say resident foodie, it’s been my unofficial title for many years now! LOL!

This week, we’re making one of my favorite game day recipes…especially for the cold weather…HOT Spinach Artichoke dip. Super easy to make…your kids can totally make this one for you. My low carb/keto friends are going to love me…serve it with carrots, cucumbers and broccoli and leave off the bread and it is the perfect low carb dish! Now, if you don’t want to be healthy, Panera used to make a turkey artichoke panini that was soooo good. Just spread this on your bread, add turkey and mozzarella cheese and then place the sandwich on a griddle/sandwich press. Oh goodness are you in for a treat!

Whoever you are rooting for this weekend, I hope your team wins! I’m just here for the food and the commercials!

Let’s get cooking together!

**Ingredients:**

* 1 Package Frozen Chopped Spinach, Thawed and Well Drained
* 1 12 oz Jar Marinated Artichoke Hearts, Drained and Chopped
* 1 Large Garlic Clove, Chopped
* 1/2 Cup of Sour Cream
* 1/2 Cup Mayonnaise
* 3/4 Cup Shredded Parmesan Cheese
* **Optional Dippers:** Carrots, Cucumbers, Broccoli or Bread Squares

**How to Make:**

* Preheat oven to 375 Degrees Fahrenheit
* Add your frozen spinach to a colander and run under hot water for a minute to defrost. Use a paper towel to squeeze water out.
* Place in large mixing bowl.
* Drain and chop you marinated artichoke hearts. I used a hand chopper to chop the artichokes.
* To the mixing bowl, add your chopped artichoke hearts, chopped garlic, mayonnaise, sour cream and parmesan cheese. Mix together.
* Place dip in an oven safe dish and place in oven to bake for 20-25 minutes, until edges start to brown.
* Serve hot and bubbly with your favorite dippers like bread cubes, broccoli, carrots and cucumbers.
* Enjoy!

Tyler LOVES spinach dip…this hot recipe was a fun twist on it. We’d love to see your family enjoying making and eating this recipe together…please head over to the [Z88.3 Mornings Facebook Page](https://www.facebook.com/Z88.3Mornings/) to share your pics!

Carol Ellingson  
Z88.3’s Resident Foodie  
Originally posted on [Carolbake.com](http://carolbake.com/)