

SPINACH & ARTICHOKE DIP

6-8 servings



INGREDIENTS

1 cup chicken stock
1 cup heavy cream
½ cup chopped spinach
1 6.5-oz. can artichoke hearts,
drained and chopped
½ cup grated parmesan cheese,
plus more for garnish
½ cup sour cream
3 Tbsp. butter
3 Tbsp. olive oil
¼ cup diced white onion
1 garlic clove, minced
3 Tbsp. gluten-free flour
2 tsp. lemon juice
½ tsp. sugar
½ tsp. Tabasco hot sauce
lemon zest, to taste

METHOD

1. In a pot, melt butter with olive oil over medium heat. Add onion and garlic and cook for 5 minutes until softened.
2. Add flour and stir well, cooking 5 minutes while stirring frequently to form a roux. Slowly add chicken stock, stirring constantly, allowing liquid to bubble and thicken between additions.
3. Slowly add heavy cream, reduce heat to low, then stir in sugar, lemon juice, and half of the parmesan cheese, and cook for 5 minutes.
4. Turn off heat and allow mixture to rest for 10 minutes.
5. Fold in sour cream and Tabasco, mixing thoroughly. Let cool.
6. Preheat the oven to 400°F.
7. Once the base has cooled, fold in chopped spinach, artichokes, and remaining parmesan cheese.
8. Transfer to an oven-safe dish and sprinkle with parmesan cheese to taste.
9. Bake the dip until golden brown on top.
10. Finish with lemon zest to taste, and serve warm with chips, crackers, toasted bread, or a side of salsa and sour cream.

