Warm Spinach and Artichoke Dip
From – stonyfield.com

1 Tbsp butter
2 Tbsp olive oil
1 ¾ cups chopped onion
2 large garlic cloves, minced
2 Tbsp all purpose flour
½ cup low-salt chicken broth
10 oz fresh spinach leaves
1 cup artichoke hearts, drained and chopped
1 cup grated Parmesan cheese
¼ cup plain yogurt
½ tsp cayenne pepper
Baguette slices, toasted

• Melt butter with oil in a large, heavy pot over medium heat.
• Add onion and garlic.
• Saute’ until onion is tender, about 6 minutes.
• Add flour, stir 2 minutes.
• Gradually whisk in stock.
• Bring to boil, whisking constantly.
• Cook until mixture thickens, stirring frequently, about 2 minutes.
• Remove from heat.
• Stir in spinach, artichoke hearts, cheese, yogurt and cayenne (spinach will wilt).
• Season with salt and pepper.
• Transfer dip to serving bowl.
• Serve warm with toasted baguette slices.

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