

HOT SPINACH AND ARTICHOKE DIP

SERVES 8-10

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10 ounces artichoke hearts frozen, defrosted or packed in water, drained

¼ cup chopped shallots

1 clove garlic

10 ounces frozen chopped spinach, thawed and squeezed dry (I do this in a thin clean kitchen towel.)

½ cup Greek yogurt

½ cup Veganaise or mayonnaise

2/3 cup grated Pecorino or Parmigiano Reggiano cheese

4 ounces mozzarella cheese, shredded

salt and pepper to taste

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1. Preheat oven to 375 degrees.
2. In a food processor, coarsely chop the artichoke hearts with the shallots and garlic.
3. Combine all the ingredients in a medium bowl.
4. Place in a 9 or 10-inch oven-proof dish and bake for 20-25 minutes, until hot and cheese is melted. Serve immediately.