

# 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  
¾ 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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