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## Healthy Spinach Artichoke Dip

### Ingredients:

Half of a 14 oz. jar of artichoke hearts  
(or whatever you have leftover)

Large handful of fresh spinach

1 TBSP + 1 TBSP Butter

1 TBSP Minced garlic

$\frac{1}{2}$  cup + 2 TBSP Daiya cheddar-style shreds

Salt & pepper (to taste)

### Directions:

1. Drain water from artichokes then squeeze out excess water. Chop in mini-food processor.
2. Julienne a large handful of fresh spinach.
3. Sauté' minced garlic in 1 TBSP butter. Stir in artichokes, spinach, & additional 1 TBSP butter. Cook on medium heat with lid on for 1 minute to soften spinach.
5. Remove from heat. Stir in  $\frac{1}{2}$  cup Daiya cheese. Pour into small baking dish. Top with 2 TBSP Daiya cheese.
6. Bake at 400° for 10 minutes then place under broiler until cheese lightly golden.