

Creamed Spinach Dip

Courtesy of Carole's Creations

Prep Time: 10

Cooking Time: 30

Makes: 2-1/2 cups

CChints: Warm dips are always a hit and Creamed Spinach is one that you and your friends will enjoy. You may want to double this recipe for larger groups. If you think about how much fresh spinach has to be cooked to get 10 ounce box you will realize what a bargain frozen spinach can be. To serve you will want a bowl or small pot that can be kept at a low temperature so the dip stays warm during your serving time but doesn't allow it to burn.



1-1/2 tablespoons unsalted butter

1/2 cup sweet yellow onion, diced

2 tablespoons wheat flour

Dash of salt and pepper

Zest from 1 lemon

3/4 cup of half and half

1/2 cup sour cream

10 ounce package of frozen, chopped spinach, thawed and squeezed dry

15 ounce can artichoke hearts, drained and chopped

1/4 teaspoon ground nutmeg

1/4 cup freshly grated parmesan cheese

Half of an 8 ounce can of sliced water chestnuts, chopped

Heat a nonstick sauté pan over medium heat and add the butter. Add the onions and cook for 4 minutes. Remove the pan from the heat and stir in the flour, salt and pepper. Slowly pour in the half and half, stirring as you pour. Stir for about 3 minutes and it will begin to thicken and remove the pan from the heat.

Stir in the sour cream through the parmesan cheese. Blend well until the cheese melts. Turn the heat down to a low simmer and let it cook for about 15 minutes to cook all the way through, stirring often.

Pour this into a warming bowl and serve with sturdy chips, crackers or small party bread slices. Enjoy!