protein packed spinach artichoke dip



featured product:
baby spinach

it's everything you love about the classic dip, only loaded with protein thanks to cottage cheese.

plus it bakes right in the bread bowl, making this a gooey, golden irresistible appetizer.

ingredients

1 sourdough bread bowl (large round loaf with center scooped out)
1 clamshell **organicgirl baby spinach**
1 cup marinated artichoke hearts, chopped
? cup cottage cheese (blended smooth for creaminess, if preferred)
1 cup shredded mozzarella cheese
1 cup grated parmesan cheese
¾ cup plain greek yogurt
1 teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon black pepper

directions

1. preheat oven to 375°F (190°C). prepare a baking sheet with parchment paper.

2. wilt the baby spinach in a skillet over medium heat until just soft. drain excess moisture and chop finely.

3. in a large bowl, combine chopped spinach, artichokes, cottage cheese, mozzarella, parmesan, greek yogurt, garlic powder, onion powder, and black pepper. stir until well combined.

4. slice the top off the sourdough loaf and scoop out the inside to create a deep bowl. (save the removed bread for dipping!)

5. spoon the dip mixture into the bread bowl; wrap the sides loosely with foil and bake for 30–35 minutes until bubbly and golden on top.

6. serve hot with toasted bread chunks, veggies, or chips.