

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/spinach-artichoke-dip>

Spinach Artichoke Dip

Prep time: 30 minutes

Servings: 6

For people who are sensitive to lactose, your favorite chip dip is now back on the table. We perfected the traditional recipe of this creamy treat with a few simple swaps and created a delicious lactose-free version. Serve it warm with veggies, tortilla chips, or crackers.

Green Valley Creamery

Ingredients

- 1 ½ cups Parmigiano-Reggiano cheese*, grated
- 1 (10 oz.) box chopped frozen spinach, thawed
- 1 (14 oz.) can artichoke hearts, drained well and chopped
- ½ cup Green Valley Creamery Lactose-Free Sour Cream
- 1 cup Green Valley Creamery Lactose-Free Cream Cheese
- 2 cloves garlic, minced

Instructions

1. Preheat oven to 375°F. In an oven-safe bowl, combine Parmigiano-Reggiano cheese, spinach, and artichoke hearts. Add remaining ingredients and mix together until well combined.
2. Bake for 22-25 minutes until the edges of the dip are slightly golden brown. Serve warm.

*Lactose is transformed into lactic acid at the very beginning of the maturation process making Parmigiano-Reggiano cheese lactose free.