

Spinach Artichoke Dip - Perfect Game Day Snack

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Servings: 6–8

Cuisine: American

Course: Appetizer

Focus Keyword: Top 10 Super Bowl Party Snacks

Ingredients:

- 1 cup frozen chopped spinach, thawed and drained
- 1 cup canned artichoke hearts, chopped
- 1 cup cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1 cup shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 2 cloves garlic, minced
- Salt and pepper, to taste
- Optional: paprika or red pepper flakes for garnish

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a mixing bowl, combine cream cheese, sour cream, and mayonnaise until smooth.
3. Stir in spinach, artichoke hearts, garlic, mozzarella, and Parmesan. Season with salt and pepper.
4. Transfer mixture to a baking dish and smooth the top.
5. Bake for 20–25 minutes until the cheese is melted and lightly golden.
6. Optional: Sprinkle paprika or red pepper flakes on top before serving.
7. Serve warm with tortilla chips, pita bread, or fresh veggies.

Nutrition (per serving):

- Calories: 220
- Protein: 8g
- Carbs: 6g
- Fat: 18g
- Fiber: 2g