
Warm Spinach and Artichoke Dip

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Food Network Magazine - November, 2021

Preparation Time: 40 minutes

Start to Finish Time: 1 hour

2 large yellow onions
4 tablespoons (1/2 stick) unsalted butter
1/4 cup good olive oil
1/4 teaspoon ground cayenne pepper
Kosher salt
freshly ground black pepper
1 tablespoon (3 cloves) minced garlic
4 ounces cream cheese, room temperature
1/2 cup sour cream
1/2 cup good mayonnaise (Hellman's)
1 package (9 ounce) frozen artichoke hearts, defrosted
1 package (10 ounce) frozen chopped spinach, defrosted
1 1/4 cups freshly grated Italian Parmesan cheese, divided
1 baguette

Preheat the oven to 400 degrees.

Cut the onions in half through the stem, then slice them in 1/8-inch-thick half-rounds. (You will have about three cups of onions.)

In a large, twelve-inch saute' pan, heat the butter and oil over medium heat. Add the onions, cayenne pepper, one teaspoon of salt and 1/2 teaspoon of black pepper. Saute' for 10 minutes.

Reduce the heat to medium low and saute', stirring occasionally, for 20 minutes until the onions are browned and caramelized. Stir in the garlic and cook for 1 minute.

Meanwhile, place the cream cheese, sour cream and mayonnaise in the bowl of an electric mixer fitted with the paddle attachment. Beat until smooth. Lightly squeeze the liquid out of the artichoke hearts, chop roughly and add to the cream cheese mixture. Lightly squeeze the liquid out of the spinach and add to the mixture. Add the onion mixture and stir to combine.

Stir in 3/4 cup of the Parmesan, one teaspoon of salt and 1/2 teaspoon of black pepper.

Transfer the mixture to an 11-by-8-by-1-1/2 inch oval baking dish. Sprinkle on the remaining 1/2 cup of Parmesan.

Bake for 20 to 25 minutes, until the edges are browned and bubbly.

Serve warm with slices of baguette for scooping.

Yield: 8 to 10 servings

Appetizers

Per Serving (excluding unknown items): 5338 Calories; 447g Fat (73.9% calories from fat); 72g Protein; 282g Carbohydrate; 32g Dietary Fiber; 1168mg Cholesterol; 3557mg Sodium. Exchanges: 15 1/2 Grain(Starch); 1 Lean Meat; 7 Vegetable; 1/2 Non-Fat Milk; 88 1/2 Fat.