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Spinach artichoke dip recipe no mayo

Fancy spinach artichoke dip without mayonnaise. I couldn't find a recipe I liked that didn't use, so I made my own recipe. I like the "quote:quote:quote: Mayonnaise adds to the dip, but I tried to cut it out of my family's diet - so I added ground mustard and paprika to mimic some of the spices found in mayonnaise. It's a good party or a date night at the dip! Heat instructions oven to 350 degrees. Mix all the ingredients in a medium bowl and mix well. Spread to an 8x8-inch baking pan or similar ovenproof dish (3 cups must be contained). Bake for 15-20 minutes or until bubbling. Serve warm with bagel chips, slices of rye bread, tortilla chips, cheese crackers, pita, etc! Hint: Throw everything together in a stand mixer and mix quickly and easily! Hint: Scrape your own parmesan or use the fancy strouse type for a smoother dip. Hint: You can do it in advance (up to 1 day) and be in the fridge until ready for heat. Hint: You can multiply and move in a 9x13" pan. A creamy, cheap, spicy and savoury recipe for an artichoke dip without mayoans. Make a batch the next time you want a comfort appetizer or a snack without a coma of food! When my boyfriend announced the other day that he had a strange craving for spinach dip, I jumped at the chance to make spinach and artichoke dip. I browsed through some online recipes for inspiration, mainly to make sure I hadn't forgotten essential ingredients and noticed many recipes called myo. Why don't I use mayo bought in a store in spinach artichoke dip (and other things) It's no secret that I'm a mustard girl. Mayo serves a purpose, but it's not something I cherish or particularly crave. Especially when I can't get a jar ready with decent ingredients. All bottles bought at the store are made from soybeans or canola oil. Don't let extra virgin olive oil on the front label fool you. They may add a splash or two of olive oil, but the rest is cheap, genetically modified (GMO) oil. Although I usually follow the rule 80/20 or damn 70/30 (stress caused by eating is not good), there are certain ingredients I make a point of avoiding when I can. Oils are not one of them. For this reason, I'm usually advantageous about mayonnaise. One day soon I'll be using my position mixer or immersion blender to make it homemade with olive oil. Update: I've since found a high-quality mayono made from avocado oil and that's what I like to use now for dishes like chicken salad and blue cheese sauce when required from its mayonn. :) Sour cream to the rescue by then, I trust my favorite substitute for mayonnaise: sour cream. Thick, fat sour cream. I no longer purchase low-fat or fat-free products. Without the fat, your body cannot absorb the fat-soluble vitamins in containers (like milk) and when the fat is stripped out, overprocessed ingredients are therefore usually added back so it has an edible taste. I prefer a delicious dish with the additives and indulge in moderation... Or not. Healthier spinach and artichoke dip without sacrificing flavor but at the same time, I didn't want you to come down and artichoke dip put me in a cheese coma, so I messed with the relationship until the vegetables and cheese were closer to equal proportions. I also used neuptal cheese instead of regular cream cheese, which slightly reduced calories and fat without using super-processed ingredients. Goat cheese will work well even though it will create more tangerine spinach and artichoke dip. Eventually, the dip came out delicious. Creamy, corny, spicy and salty all in one. My boyfriend and I polished it with tortilla fries and didn't fall into a food coma afterwards. It's always a bonus after I've dug into comfort food. Yield: 1 & 3/4 (approx.) Author: Elaina Newton - Rising Spoon Recipe Preparation Time: 15 minSac Poke Time: 25 mins Time: 40 minutes Homemade spinach and unconverted artichoke dip. The ratio of cheese and sour cream to vegetables is even more so this healthy dip will give you plenty of cheap comfort without a food coma afterwards. 2 teaspoons cooking oil (I used salted butter) 1/4 yellow onion, Chopped 1 bunch fresh spinach, preferably organic 3 garlic cloves, minced 4 ounces of neufchâtel cheese or regular cream cheese 4 ounces of sour cream 1/4 mozzarella cheese, grated + more for topping 1/4 Parmesan cheese, grated + more for coating 7 ounces (1/2 can) of artichoke hearts, drained & chopped salt Taste black pepper, taste granulated garlic, taste cayenne pepper, taste fresh lemon juice (optional) cast iron pan equipment recommended (it can double as the dip tool, too) small, oven-safe baking dish (like these dishes or gratin or oval) preheat the oven 375 degrees. Heat a cast-iron pan or cooking pan to medium heat, add the butter or oil and cut the onion. Cook the onion for 5-7 minutes. Meanwhile, cut the stems from the spinach and toss, roughly chop the leaves and pour them using a sieve. When the onions are translucent and start to caramelize, add the spinach. If you use a smaller pan you may need to add 1/2 of the spinach, let it wither, then throw away the rest. Using tongs or a wooden spoon, mix the spinach while it is cooking, peeling and grinding the garlic cloves. When the spinach is almost finished, add the ground garlic, cook for two minutes, then remove from the heat. Season the mixture with sea salt, cracked black pepper, granulated garlic and cayenne pepper to taste. In a medium-sized bowl, mix the neustale (or regular cream cheese), sour cream, mozzarella cheese and parmesan. Use a large bat or potato shelter to combine the cheeses. Drain and chop the artichoke hearts. Mix the spinach and artichokes into the mixture then season to taste with more sea salt, cracked black pepper, granulated garlic and cayenne pepper. To brighten the flavour, add a little fresh lemon juice. Pour the dip into a safe baking pan for the oven and top Another shredded mozzarella and a parmesan tap. Bake for 25 minutes, or until the cheese on top has melted and the mixture is bubbling and warm throughout. Serve immediately with tortilla chips, sliced bread, crackers or vegetables. ©s the rising spoon. All images and content are copyrighted. Please do not reprint this recipe without my written permission. If you would like to view this recipe on your website, please take your own photos, write the instructions in your own words and link to this post as the original source. Thank you! Notes and tips If the cast iron pan is small enough, add the cheese mixture to the spinach, over with more cheese and bake spinach and artichoke dip. You can replace frozen spinach instead of fresh. Simply defrost and squeeze the spinach well to remove any excess water. The spinach and artichoke mixture can be made a few days in advance and kept in the fridge until they are ready to bake. I haven't tried it yet, but I believe you can freeze it, as well. So, if you want to do a double or triple batch and freeze parts for later, it should work just fine. The dip is still delicious and reheated but is best fresh out of the oven. If you're serving an audience, double or triple the recipe and use a larger baking dish. Don't miss out on message! Want my real food recipes, kitchen tutorials, DIY crafts, and healthy living articles delivered directly to your inbox? Sign up for free email updates using the box below and I'll send you 2 pdf printables free of dirty dozen & clean fifteen list to help you buy smarter for real food! I want to hear from you! What's your favorite snout food appetizer? P.S. Keep reading! Other recipes from the rising spoon: fragrant cooked artichokes with lemon butter and baked berry dipping sauce with lemon, rosemary and roasted chickpea crispy berry jam with demolition and no house » Hors d'oeuvres » Light spinach artichoke dip without mayonnaise [Video] This post may contain partner links. Please read my disclosure policy. Better than any restaurant version (I promise!), this light spinach artichoke dip is made with only 7 ingredients and takes less than 45 minutes from start to finish! And there's no Mayo! No family meets or the party is filled with oven-baked spinach dip! You'll love that this is the best spinach dip hands down you'll ever eat. It blows every dip in the restaurant spinach from the water. And I know because I tried them all. I was on a mission for many years to find the best spinach dip when we went out to eat and never found it. You know that saying, if you want something done right, you have to do it yourself. yes, that's right. And I did it right with that spinach dip. It's so easy to do! If you're worried about how to make spinach artichoke dip from scratch - let me ease your mind. If you can mix ingredients together, you can make this dip! No fancy kitchen skills or funky gadgets are required! Wondering what spinach artichoke dip is made with? Ingredients list for this easy An appetizer is short, sweet, and simple. No fancy cheeses or exotic ingredients. Just simple, simple items that you will be able to find at any grocery store or you may have at hand already! It is better served with chilled white wine or full-bodied red wine. Looking for a new appetizer on ladies' night? This hot spinach artichoke dip is IT! Your friends will love this baked artichoke dip so much you might want to think about making a double dish. Life! Instructions add spinach, artichoke hearts, sour cream, cream cheese, garlic, parmesan, half mozzarella, and a large pinch of salt and pepper to a large bowl. Stir until evenly mixed and spread in a baking dish. Cover with remaining mozzarella cheese. Bake until golden brown and bubbling. Garnish with freshly chopped parsley and serve with sliced French baguette and enjoy! Tips just say no to frozen spinach. Use fresh spinach at a time for the best texture and taste! Fresh ingredients are always more delicious and this recipe is no exception! Fresh spinach has just the right amount of moisture and it will wither perfectly into the dip. Frozen spinach tends to be very marine and tastes pretty boring. Use fresh garlic. Like spinach, fresh garlic would be the best in this recipe! Skip the charred, charred garlic and grind your nail! If you're a pinch, 1/2 teaspoon of garlic powder will give you the garlic flavor you need, but if you can - fresh garlic is always the best in this spinach dip recipe! Make sure all ingredients are at room temperature. Tempic cream cheese in the room and sour cream will make this dip much easier to mix and will also help it bake more evenly. I like to get all my ingredients ready and then let them sit on the counter for about 30-60 minutes before mixing everything together. If you nibble on time, you can mix everything together cold, but the cream cheese is going to be especially hard to mix straight from the fridge. So just be prepared to use some elbow grease to get all the ingredients combined well if you use cold ingredients. When you put it all together, make sure you first add the fresh spinach to the bowl and then add all the other ingredients over the spinach. Fresh spinach leaves can be a bit cumbersome so adding the weight of the other ingredients and getting them to combine immediately will help make spinach a little easier to control. Fresh versus frozen spinach I mentioned it above, but it's worth coming back. Always. Use. Fresh. Spinach. It will be cheapest when you buy it in bulk in the produce area of your grocery store, but it also comes pre-washed in sealed plastic bags as well. If you can find a 5 oz bag of spinach - it's perfect! Otherwise, if all you can find is 8 oz. bags of spinach, just use just over half the bag and you have to be good! It's going to look like a lot of spinach before you mix it all together. But you have to trust me here. Spinach shrinks considerably when cooked, like this Looks like a ton of fresh spinach at first, going to end up being just the right amount of boiled spinach as soon as the spinach dip is done baking. Make Ahead This dip does great when done in advance, making it a very convenient option for your next party or family to meet! Assemble the dip to stage the recipe card, but just before baking, cover with foil and refrigerate. The un baked spinach dip will remain good in the fridge for about two days, but be warned that your fridge will smell like fresh garlic pretty quickly once you store it there. I usually just do it the night before the party so I don't get hit by the smell of fresh garlic every time I open the fridge too long. About an hour before baking, place the artichoke dip on the counter to reach room temperature. I usually release the foil at this point to let the air flow over the dip, but leave it covered so nothing gets in it. And then just before your guests arrive, throw it in the oven, and behold! You have a hot, vibrant, cheap, melted appetizer, perfectly capable of dipping ready to go! Super Easy appetizers print better than any restaurant version (I promise!), this light spinach artichoke dip is made from just 7 ingredients and takes less than 45 minutes from start to finish! And there's no Mayo! No family meets or the party is filled with oven-baked spinach dip! Author: Kylie Latu Prep Time: 10 minutes Cooking time: 30 minutes Total time: 40 min Yield: 10 servings 1x Category: Appetizer Method: Oven Kitchen: American Diet: Vegetarian scale 5 oz. Fresh spinach 8 oz. whole sour cream, room temperature 8 oz. full cream cheese, room temperature 1 (15 oz.) can artichoke hearts, drained and chopped roughly 3 minced garlic cloves 12 ounces shredded mozzarella, divided into 5 ounces parmesan shredded salt and freshly cracked pepper serving with: french baguette sliced fresh parsley chopped oven Add fresh spinach to a large bowl. Over the spinach add sour cream, cream cheese, artichoke hearts, garlic, half a mozzarella, parmesan and a pinch of hearty salt along with a pinch of pepper. Stir until evenly mixed. Transfer to a 9x9 baking pan or medium-sized cast iron pan. Spread evenly and top with remaining mozzarella. Bake for 25-30 minutes. Then gobble for 1-2 minutes or until mozzarella on top starts to get dark golden brown. Garnish with freshly chopped parsley and serve with a sliced French baguette. Enjoy! Just say no to frozen spinach. Use fresh spinach at a time for the best texture and taste! Fresh ingredients are always more delicious and this recipe is no exception! Fresh spinach has just the right amount of moisture and it will wither perfectly into the dip. Frozen spinach tends to be very marine and tastes pretty boring. Use fresh garlic. Like spinach, fresh garlic would be the best in this recipe! Skip the charred, charred garlic and grind your nail! If you're

in a pinch, 1/2 a Of garlic powder will give you the garlic flavor you need, but if you can - fresh garlic is always the best in this recipe! Make sure all ingredients are at room temperature. Tempic cream cheese in the room and sour cream will make this dip much easier to mix and will also help it bake more evenly. I like to get all my ingredients ready and then let them sit on the counter for about 30-60 minutes before mixing everything together. If you nibble on time, you can mix everything together cold, but the cream cheese is going to be especially hard to mix straight from the fridge. So just be prepared to use some elbow grease to get all the ingredients combined well if you use cold ingredients. When you put it all together, make sure you first add the fresh spinach to the bowl and then add all the other ingredients over the spinach. Fresh spinach leaves can be a bit cumbersome so adding the weight of the other ingredients and getting them to combine immediately will help make spinach a little easier to control. Keywords: spinach dip with cream cheese, hot spinach dip recipe, spinach artichoke dip recipe, spinach artichoke dip without mayonna, baked artichoke dip This recipe was originally published in September 2018. It was updated in January 2021 to include process photographs, detailed instructions and tips for making the best spinach and artichoke dip at a time! Reader Interactions

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