



Spinach Artichoke Dip- Wayfare

Ingredients

	Grams	Ounces	Home
Canola Oil	6	0.2	2 Tablespoons
Garlic- Minced	15	0.5	3 Cloves
Spanish Onion- Small dice	50	1.7	1/2 Cup
Spinach- Fresh, Chopped	250	10.0	1- 10 oz bag
Wayfare Cream Cheese	454	16.0	1 1/2 Cups
Wayfare Sour Cream	100	3.5	1/3 Cup
Artichokes- Canned and Chopped	232	8.0	1-14oz Can- Drained
Nutritional Yeast	20	0.7	1/4 Cup
Salt- Kosher	3	0.1	1 teaspoon
Black Pepper- Ground	2	0.1	1/2 teaspoon
Lemon Zest	1/4 of a Lemon		

Total Weight 1,126 41

Portions per recipe 10 10

One portion: 4oz

Method:

1. Heat olive oil in pot
2. Cook garlic and onions until you get light brown color.
3. Add spinach and cook until wilted.
4. In a separate bowl mix cream cheese, sour cream, artichokes, nutritional yeast, and salt and pepper to taste.
5. Add in cooked spinach to rest of the mix.
6. When mix is combined, add lemon zest and stir.

To serve, heat all the way through. Top with bread crumbs if you would like crunch

Last revised: