Mimi's Cafe Spinach & Artichoke Dip

6 servings

INGREDIENTS

- 4 oz. freshly grated* **Jack cheese** (about 1 cup**)
- 2 oz. freshly grated **Swiss cheese*** (about 1/2 c.**)
- 8 oz. freshly grated **Parmesan cheese*** (about 2-1/2 c.**)
- 1 c. frozen **artichoke hearts,** simmered in water for 10 minutes and drained
- 2 large handfuls **fresh spinach**
- 1 c. SCD legal **mayonnaise** (see website for recipe)
- 12 **sun-dried tomato halves**, soaked in boiling water for 15 minutes, drained
- 2 tsp. chopped **garlic**
- 1/2 tsp. **black pepper**

DIRECTIONS

1. combine Jack, Swiss, and Parmesan cheeses in a large mixing bowl. Dice artichoke hearts into small pieces.
2. Wash and cut spinach into 1-inch pieces and add to cheese mixture.
3. In a small bowl stir together the mayo, garlic, and pepper. Combine mayo and cheese mixtures.
4. Dice sun-dried tomatoes and add to the cheese-mayonnaise mixture.
5. Mixture may be stored in the fridge and heated for individual servings.
6. Heat cold dip mixture over medium heat in a non-stick skillet, until hot, and cheese is completely melted. Transfer to a serving dish and serve with veggies.

NOTES

*All pre-grated cheeses contain SCD illegal starches to prevent clumping.

**Measure grated cheeses by lightly pressing down in the measuring cup.