



COLORADO STATE UNIVERSITY  
EXTENSION

# CHEESY HOT SPINACH DIP

## INGREDIENTS

- 2 tsp olive oil
- 1 small onion, chopped
- 2 cloves minced garlic
- 20 oz frozen spinach, thawed, drained, and chopped
- 1/2 cup milk
- 6 oz cream cheese
- 1/2 C shredded mozzarella cheese
- 1/4 C Cheddar cheese
- 2 dashes Worcestershire sauce
- Salt and pepper to taste
- 1/2 C shredded mozzarella cheese

## TO MAKE YOUR FRESH SPINACH USABLE FOR SPINACH DIP:

- 1 T Olive Oil
- 1 Pound fresh baby spinach leaves

In a large stockpot, heat olive oil on medium for 1 minute. Add spinach leaves and cook for 3-4 minutes.

Drain extra oil from the spinach using a colander. You'll be left with about 1 1/2 C of cooked down spinach (equivalent to a 10-ounce package of frozen spinach)

## PROCEDURE

01

Preheat oven to 425 degrees F. Grease baking dish with olive oil cooking spray

02

Heat remaining olive oil in large skillet and add onion and garlic to hot oil. Brown (about 5-6 minutes). Add spinach and simmer until hot (about 5 more minutes). Drain liquid and transfer to a bowl.

03

Pour mild into pot and return to a medium heat. Melt cream cheese into the milk, cook, and stir about three minutes. Add spinach mixture and 1/2 C mozzarella cheese and cheddar cheese. Stir until melted. Season with Worcestershire sauce, salt, and pepper. Pour into baking dish and top with remaining mozzarella cheese.

04

Bake in preheated oven for 20-25 minutes or until top is bubbly and golden brown.



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