

Cold Spinach Artichoke Dip

Recipe

SPINACH
to WIN it!

Adapted from MORGAN MANAGES MOMMYHOOD

Equipment Needed

- Bowls
- Measuring cups and spoons
- Large spoon for stirring
- Refrigerator

Ingredients

- 1 can (14 oz) Artichoke Hearts
- 2 cups sour cream
- 1 oz Hidden Valley Ranch Packet*
- 1 cup shredded Mozzarella Cheese
- 1 1/2 cup frozen spinach or a couple handfuls of fresh spinach
- 1/2 teaspoon Garlic Salt
- 1/2 teaspoon Garlic Powder
- Crackers, pita or Veggies to dip



Making your own ranch seasoning is a great option and provides many more opportunities for measuring!



*Alternatively, make your own homemade ranch seasoning!

Instructions

1. First things first! All students should wash their hands with soap and water.
2. Divide students into small groups or have student volunteers perform each step!
3. Measure out ingredients and add to the bowl one by one.
 - a. Break up these tasks and assign to different students:
 - i. Have one student open the can of artichoke and add to bowl.
 - ii. Have another student measure and add the spinach.
 - iii. Have a couple of students measure and add the different seasonings you choose.
 - iv. Have a student measure and add the cheese.
4. Have a few students take turns mixing all the ingredients until well combined.
5. Refrigerate dip for 1-2 hours, or until ready to serve.
6. Have some students serve portions into bowls and provide crackers or veggies to dip and enjoy!

Baby Carrots, Bell Peppers, Cucumber, and many other veggies can be cut up and used as dippers



 **GEORGIA ORGANICS**

Recipe

🕒 2 hours

farmtoschool.georgiaorganics.org

#SpinachToWinIt