

## A recipe from: Crock-tober Fest—A Slow Cooker Feast

### Spinach Artichoke Dip

**Serves:** 8

#### **Ingredients:**

2 (14-ounce) cans artichoke hearts, drained and chopped  
1 (10-ounce) package frozen chopped spinach, thawed and squeezed dry  
1 cup sour cream  
1 small onion, diced  
3 cloves garlic, crushed  
3/4 cup freshly grated Parmesan  
3/4 cup low-fat milk  
1/2 cup crumbled feta cheese  
1/3 cup mayonnaise  
1 tablespoon white vinegar  
1/2 teaspoon freshly ground black pepper  
1 (8-ounce) package cream cheese, cubed

#### **Directions:**

Place artichoke hearts, spinach, sour cream, onion, garlic, Parmesan, milk, feta, mayonnaise, vinegar, and pepper into a slow cooker. Stir until well combined. Top with cream cheese.

Cover and cook on low heat for 2 hours.

Uncover and stir until cream cheese is well combined. Cover and cook on high heat for an additional 15 minutes.

*Tip: For a lighter variation, use low-fat sour cream and light mayonnaise in place of full fat versions.*



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OSU Extension Office- - Washington County  
1115 Gilman Avenue, Marietta, OH 45750  
740-376-7431

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