

Hot Spanakopi Dip

- 16 oz baby spinach (Looks like a large amount when fresh, but cooks down to a large handful.)
- 2 t olive oil
- 1 onion, finely chopped - about 1 heaping cup
- 2 garlic cloves, minced
- 1 c each ricotta, crumbled feta (Low fat versions work well.)
- 1/2 c each chopped dill, 2% Greek yogurt
- 1/2 t sea salt
- 1/8 t grated nutmeg
- freshly ground black pepper

Preheat oven to 400F.

In a large, covered frying pan, wilt spinach, half at a time, using 2 tablespoons of water and medium heat and stirring often. Remove from heat and squeeze spinach repeatedly over a fine mesh colander to remove all liquid. Chop roughly when cool.

In that same frying pan, heat olive oil on medium-high, then add onion and garlic. Cook, stirring occasionally for 5 minutes or until onion turns light brown. Add ricotta and spinach. Reduce heat to medium and cook for 5 minutes, stirring, until liquid disappears. Remove from heat, then add remaining ingredients.

Transfer dip to an oven-proof serving dish and heat for 5-8 minutes in the oven. Serve on small plates with toast triangles, pita chips or crudité's: carrots, celery endive, cauliflower, bell pepper. Serves 12.

Jittery Cook