

# Spinach Artichoke Dip

This is a feel good appetizer. Simple, straight forward ingredients. It can easily be doubled if you are making this for a large crowd.

xoxo,  
Kristin

- 1) Preheat oven to 350F degrees.
- 2) Roughly chop the spinach and the artichokes.
- 3) In a medium skillet, heat ghee and saute garlic until fragrant. Add spinach and artichokes and cook until spinach is wilted. Add sun dried tomatoes and saute a minute or two longer.
- 4) Pour the mixture into a 9×9 baking dish. Add the crumbled goat cheese, mix together.
- 5) Top with parmesan cheese and bake for about 20 minutes until heated through.

Recipe from the one and only Lara Harrington