

Serves 8 • Serving size: ¼ cup

12
minutesPREP: 10 minutes
COOK: 2 minutes

Spinach Artichoke DIP

1 cup spinach, packed
 ½ cup artichoke hearts, drained
 4 oz./115 g cream cheese, softened
 ¼ cup sour cream
 ¼ cup mayonnaise
 1 cup Parmesan cheese, shredded
 ¼ tsp. coarse kosher salt
 ⅛ tsp. garlic powder

1. Place spinach and artichoke hearts in base of Power Chef® System, fitted with blade attachment. Cover and pull cord several times to process until finely chopped.
2. Remove the blade and stir in remaining ingredients with a spatula.
3. Pour mixture into inverted cover of TupperWave® Stack Cooker.
4. Microwave on high power 2 minutes.
5. Stir and serve warm with crackers and veggies.

Nutritional Information (per serving):

Calories: 180 Total Fat: 16g Saturated Fat: 7g Cholesterol: 40mg
 Carbohydrate: 2g Sugar: 1g Fiber: 0g Protein: 8g Sodium: 370mg
 Vitamin A: 15% Vitamin C: 4% Calcium: 15% Iron: 2%

TO DEMO



TupperWave® Stack Cooker
1¼-Qt./1.75 L Casserole

OPTIONAL



Power Chef® System



Measuring
Cups



Measuring
Spoons



Silicone
Spatula