

# “Dad-Joke Level of Cheese” Spinach Dip

~ Zac Flavelle ~



## WARNING:

This is a very cheesy dip. I'm talking, a mad scientist chucked *Save the Last Dance*, *Twilight*, and *Gigli* into a blender, levels of cheesy. Furthermore, this is also one of the unhealthiest creations known to mankind. NASA doesn't have the computing power to formulate a number of calories for this dip. Neil deGrasse Tyson said he would rather count every visible star in the night sky than ever find out how much fat is nestled within this delicious dairy delicacy. Furthermore, this dip is addictive, stimulating an incredible release of dopamine in the brain and convincing you that: "I can and will finish this in one sitting, Aunt Karen, so get off my back and leave the chips on the table."

Do you still want to make it? I knew you had the courage! Let's proceed...

The ingredients have two variations: *normal* and *full-flavour*. *Normal* is for people who don't want to have a heart attack later today (or, you know, are a *weensy* bit more health conscious). *Full-flavour* is for the people who think, "Life is short, so I might as well be happy." To be clear, both are tasty dips, I just personally prefer the much tastier and superior full-flavour option because the dip told me to say that (and also, it makes a bigger dip).

Ingredient	Normal Flavour	Full Flavour
Chopped, frozen spinach (thawed)	500 g package	500 g package
Cream cheese	250 g package (soften at room temperature)	250 g package (soften at room temperature)
Alfredo Sauce (any will do, but I recommend Classico Four Cheese Alfredo Sauce)	Half of a 410 mL jar	Full 410 mL jar
Marinated artichoke hearts	170 mL jar, drained, diced	170 mL jar, diced, DO NOT DRAIN – dump the marinade into the dip
Grated parmesan cheese (Kraft or other similar type)	1/2 cup	1 cup... or more
Red Pepper	Full pepper, chopped (dispose of seeds if you wish)	Full pepper, chopped (dispose of seeds if you wish)
Red onion, medium sized	1/2 the onion, diced	1/2 the onion, diced
Jalapeño peppers (optional)	1-2 peppers, diced, include the seeds	2-3 peppers, diced, include the seeds
Bag of shredded cheese (any type will do, but Tex-Mex or any multi-cheese blend is best)	125 g bag, use enough to cover the top of the dip	An entire 125 g bag, with about half mixed in with the dip, and the rest used to top the dip
Chips / Tortilla of your choosing (but I highly recommend Lime Tostitos, as it	Any plain style chip or tortilla... but seriously, use Lime Tostitos or	Lime Tostitos or President's Choice Kettle Style Lime & Habanero Chili chips

perfectly compliments the flavours of the dip)	President's Choice Kettle Style Lime & Habanero Chili chips	
<p><b>Other Stuff:</b></p> <p>A large mixing bowl, a mixing spoon or spatula, sharp knife, cutting board, measuring cup, either a Pyrex, CorningWare or some other kind of bakeable bowl, an oven, and likely some oven mitts would be handy and prevent burns</p>		

## The Process:

1. Preheat your oven to 325°F (or 162.778°C if you're a being from another dimension). Now wash your hands (or tentacles, or whatever).
2. In a large bowl, hand mix the entire package of (thawed) chopped, frozen spinach with the full 250 g brick of softened cream cheese. Once they are thoroughly mixed, add the alfredo sauce (a full jar for full-flavour, or half of a jar for normal). Mix thoroughly.
3. Rinse, de-stem, de-seed, and chop the red pepper. Set aside about 1/4 of the chopped pepper for later, but the other 3/4 can go into the bowl. Mix thoroughly.
4. Rinse and dice half of the red onion and add it to the bowl. Mix thoroughly.
5. **\*OPTIONAL\*** Are you like Sandra Bullock and want *The Heat*? Include some jalapeño peppers. It's the whitish, pithy innards of pepper that contains most of the heat, but the seeds also contain a bit, too. You can choose how many peppers to add, and how much of the seed or membrane you include to adjust the heat. Simply rinse, remove the stem, dice them, and mix them in. For full flavour and decent heat, I like to use 3 medium jalapeños and include all the membrane and seeds. ¡Muy picante!
6. **For normal flavour:** Drain the artichoke hearts in the sink, dice them, and then add them to the dip. Add 1/3 cup grated parmesan cheese and mix thoroughly. **For full-flavour:** Don't drain the artichokes into the sink, but rather drain the oil into the dip (it'll look really liquidy, but don't worry). Dice and add the artichokes, then dump in a cup of grated parmesan. Your brain may be screaming at you not to be so liberal with your cheese application... but you're already in too deep! Mix thoroughly. You'll notice that the cellulose that covers the parmesan cheese (which prevents it from sticking to itself) actually neutralizes most of the oil from the artichoke marinade and thickens up the dip again!
7. **Only for full flavour:** Add... I don't know... a cup of shredded cheese? That seems like enough, right? Whatever, toss *a liberal handful* of shredded cheese into the dip and thoroughly mix it. This part has the accuracy of an Imperial Stormtrooper.
8. Transfer your dip into your oven-proof bowl and make sure the surface of the dip is level. Cover the top of the dip with a layer of shredded cheese. Finally, sprinkle on the chopped red peppers that you set aside during Step 3. You *did* remember to set them aside, right? If you forgot to save some chopped red peppers, please don't go fishing through the dip to get them out, it isn't worth it. Just move on to step 9.
9. Bake the dip, uncovered, for approximately 25-30 minutes. Flip the dip over half-way through. (***I'm kidding!*** Can you imagine if someone actually did that? Lol! What a mess!) Seriously though, once the time is up, switch to the broiler for about 5 minutes or until the top layer of cheese is as golden as the Trump's complexion.
10. Let cool for a bit, then serve hot with your choice of pita or chips. The best pairing, regardless of normal or full flavour, is Lime Tostitos (or some other brand of lime-flavoured chips, like President's Choice Kettle Style Lime & Habanero Chili chips). I can't explain why, it's just a perfect pairing, like Abbott and Costello, Mario and Luigi, or R2-D2 and C-3P0. Enjoy!