**Spinach Artichoke Dip**

**Ingredients:**

1 bag of spinach

3 cloves garlic, minced

2 Tbsp. olive oil

1 cup mayo

½ cup sour cream

½ cup plain yogurt

1 cup mozzarella cheese

2 cans artichoke hearts, drained and crushed

1 Tbsp. sambal

Salt and pepper to taste

Panko breadcrumbs

**INSTRUCTIONS**

1. Preheat oven to 400º.
2. Heat the olive oil over medium heat.
3. Cook the garlic and spinach until it is wilted.
4. While the spinach is cooking, mix all other ingredients together in a separate bowl.
5. Add the spinach.
6. Spray a ½ hotel pan with pan spray. Pour the dip in. Top with breadcrumbs.
7. Bake for 15-20 minutes, or until the edges begin to bubble.
8. Enjoy.