



# Hot Roasted Cauliflower and Spinach Dip

**Servings**

6

**Calories**

380

**Prep Time**

20 minutes

**Total Time**

55 minutes

**Skill Level**

Easy

## Ingredients

- 1 package Mann's Cauliflower
- 2 tablespoons olive oil, divided
- ¼ teaspoon salt & freshly ground pepper, each
- 4 cups baby spinach
- 8 ounces cream cheese, room temperature
- 2 tablespoons lemon juice
- ½ teaspoon oregano, dried
- 2 cloves garlic, minced
- ½ cup sour cream
- ½ cup mayonnaise
- ½ cup Parmesan cheese, grated
- 2 tablespoons chives, finely chopped
- 2 tablespoons parsley, finely chopped
- ⅓ cup aged white cheddar cheese, grated
- assorted crackers, for serving
- assorted for crudité, for serving





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## The Method

Preheat oven to 425° F. Toss cauliflower with half the oil and half the salt. Arrange on a small baking sheet.

Roast, turning occasionally, for 20 to 25 minutes or until tender and golden brown. Cool and roughly chop; set aside.

Meanwhile, heat remaining oil in a skillet set over medium-high heat. Sauté spinach for 1 to 2 minutes or until wilted. Cool completely, squeeze dry and chop.

Reduce oven temperature to 400° F. Beat cream cheese with lemon juice, oregano and garlic until light and fluffy with electric beaters. Beat in sour cream, mayonnaise and Parmesan cheese until smooth. Stir in cauliflower, spinach, chives and parsley until blended.

### Nutrition Facts

Servings: 198g | Servings: 6

### Amount Per Serving

Calories 240 | Total Fat 15g (sat fat 7g trans 0g | Cholesterol 40mg | Sodium 690mg | Total Carbohydrate 15g | Dietary Fiber 2g  
Sugars 7g | Protein 10g | Vitamin A 70% | Vitamin C 60% | Iron 10% | Calcium 30%