

Rolls With Spinach Artichoke Dip

A great appetizer idea for any get together.

Prep time: 30 minutes Cook time: 24 minutes

Serving size: 12 Calories per serving: 223

Ingredients:

1 loaf recipe of your favorite bread roll dough
(we like whole wheat)

2 tablespoons butter, melted

1/4 cup grated mozzarella cheese

1/4 cup grated Parmesan cheese

DIP:

4 cups loosely packed fresh baby spinach

2/3 cup chopped marinated artichoke hearts

4 ounces cream cheese

1/2 cup sour cream

1/4 cup mayonnaise

1 clove garlic, minced

1/2 teaspoon hot sauce

1/4 cup grated Parmesan cheese

1/4 cup grated mozzarella cheese

salt and pepper to taste

freshly ground pepper

Directions:

Cut each roll in half. Spray a 9 inch baking dish with non-stick cooking spray. Place a 5 inch bowl upside down in the center of the baking dish and spray the sides of the bowl. Place the 16 roll halves evenly in the space left between the side of the baking dish and the bowl, cut side down. Brush rolls with the melted butter. Cover with plastic wrap and let rise for 30 minutes. Combine mozzarella cheese and parmesan cheese and set aside.

Place the spinach in a bowl with 1 tablespoon water. Cover and microwave on high for 1 minute. Remove from microwave and let cool. Remove cover and pat spinach dry. Return spinach to bowl and add all of the remaining ingredients except the freshly ground pepper. Blend well. When rolls are risen, remove plastic and the center bowl and spoon dip into the center of the baking dish. Bake at 350F 12 minutes. Remove from oven and sprinkle set aside cheeses on top of partially baked dip and rolls. Bake for another 10-12 minutes. Remove from oven and sprinkle dip with freshly ground pepper. Serve warm with a spoon so dip can be spooned on to the rolls.



