**Spinach and Ricotta Dip**

(Between 4 Students)

**Ingredients**

1 T olive oil

1/2 brown onion, chopped

1 clove garlic, crushed

½ bunch English spinach, shredded

200g fresh ricotta cheese

¼ C grated parmesan cheese

1 T sour cream

**Method**

1. Heat oil in a frying pan over medium heat.
2. Add onion and garlic. Cook, stirring, for 2 minutes or until tender.
3. Increase heat to high. Add spinach and cook for 1 minute or until just beginning to wilt. Remove from heat. Allow to cool.
4. Drain any excess liquid.
5. Place spinach mixture, ricotta, parmesan and sour cream in a food processor. Process until well combined. Season with salt and pepper.