



Choco Fever Dream

Spinach and Artichoke Wonton Cups

15 min

Prep time

12

Servings

12 min

Cook time

Easy

Difficulty

27 min

Total time

American

Cuisine

Ingredients

For the Cups

- ☐ 24 wonton wrappers
- ☐ 2 tbsp melted butter, brushed

Filling

- ☐ 2 cups fresh spinach, chopped
- ☐ 1 cup artichoke hearts, drained and diced
- ☐ 8 oz cream cheese, softened

- ☐ 1/2 cup sour cream
- ☐ 1/2 cup grated Parmesan
- ☐ 1/2 cup shredded mozzarella
- ☐ 2 cloves garlic, minced
- ☐ 1 tsp lemon zest
- ☐ 1 tbsp lemon juice
- ☐ Salt and pepper to taste

Instructions

- 1** Preheat oven to 375°F (190°C). Lightly brush a mini-muffin tin with butter.
- 2** Press each wonton wrapper into a cup shape, ensuring edges are sealed; brush the inside with melted butter.
- 3** In a skillet, sauté garlic in a touch of oil, add spinach and cook until wilted; let cool slightly.
- 4** Mix cream cheese, sour cream, Parmesan, mozzarella, lemon zest, lemon juice, cooked spinach, and artichokes until smooth; season with salt and pepper.
- 5** Spoon the filling into each wonton cup, filling about three-quarters full.
- 6** Bake for 10-12 minutes, until the wrappers turn golden and the cheese is bubbling.

Nutrition per serving

220 kcal

Calories

8 g

Protein

12 g

Carbs

14 g

Fat

Tips & notes

- Allow the cups to rest 2 minutes after baking to set the filling.
- If you prefer extra crunch, sprinkle a pinch of extra Parmesan on top before baking.
- For a spicy kick, add a dash of red pepper flakes to the filling.