

## Easy Baked Jalapeño Spinach Dip - Ready in 20 Minutes

Jalapeño Spinach Dip ??



**OVEN**  
**375°F**

**TIME**  
**20 min**

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### INGREDIENTS

2 cups fresh spinach, chopped  
1 jalapeño, finely diced (remove seeds for mild heat)  
1 cup cream cheese, softened  
¼ cup sour cream  
¼ cup shredded cheddar cheese  
¼ cup shredded Monterey Jack cheese  
2 cloves garlic, minced  
¼ tsp onion powder  
¼ tsp smoked paprika  
Salt and pepper, to taste  
1 tbsp olive oil  
Tortilla chips or crackers, for serving

### DIRECTIONS

- 1.** Preheat the Oven: Set your oven to 375°F (190°C) and lightly grease a small baking dish.
- 2.** Sauté the Aromatics: Heat olive oil in a skillet over medium heat. Add the jalapeño and garlic, sautéing for about 2 minutes until fragrant.
- 3.** Wilt the Spinach: Add the chopped spinach to the skillet. Cook for another 2 minutes, just until it wilts. Remove from heat.
- 4.** Mix the Base: In a mixing bowl, combine the cream cheese, sour cream, cheddar, Monterey Jack, onion powder, paprika, salt, and pepper.
- 5.** Combine Everything: Stir the spinach-jalapeño mixture into the cheese base until everything is well incorporated.
- 6.** Bake: Transfer to your greased baking dish and bake for 10-12 minutes, or until bubbly and golden around the edges.
- 7.** Serve: Serve hot with tortilla chips, toasted baguette slices, or veggie sticks.

### SWAPS & NOTES

and Swaps Spinach : You can substitute with frozen spinach (thawed and well-drained).

Leave in the seeds or add a second jalapeño.

Cheese : Pepper Jack, mozzarella, or Gruyère are tasty alternatives.

Cream Cheese : For a lighter option, use whipped cream cheese or low-fat.

### TIPS FOR SUCCESS

Use room-temp cream cheese so it mixes smoothly with the other ingredients.

Adjust the heat : Leave jalapeño seeds for extra fire, or swap with green chilies for milder flavor.

Bake in a shallow dish : This ensures even heating and a perfect golden top.

Make ahead : Prep and refrigerate, then bake just before serving.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/easy-baked-jalapeno-spinach-dip-ready-in-20-minutes/>