



Spinach, Bacon, and Onion Dip

2 packages (10 ounces each) frozen spinach
1 medium onion
4 slices bacon
1/8 teaspoon salt
1/8 teaspoon ground pepper
1 teaspoon all-purpose flour
1 cup whole milk
1/2 cup sour cream
1 bar (8 ounces) cream cheese
1/2 cup grated Parmesan

1. **Defrost spinach on the top or middle shelf of your refrigerator; away from any raw meat, poultry, or seafood.** This method of defrosting usually takes 1 day. Squeeze dry the defrosted spinach and place in a bowl to the side.
 2. Remove the skin from the onion. **Scrub the onion with a vegetable brush while holding under cold running water. Dice the onion on your produce cutting board.**
 3. **Thinly slice bacon crosswise on your clean meat cutting board.** Cook bacon in a medium sauce pan over medium heat, stirring occasionally, until browned and crisp (about 10 minutes). Remove browned bacon from the pan and drain on a paper towel. **Be sure to wash your hands after handling the raw bacon.**
 4. Discard all but 1 tablespoon of bacon fat from the pan. Add diced onion to the sauce pan and season with the salt and pepper. Cook over medium heat, stirring occasionally, until tender (about 8 minutes).
 5. Add flour to the sauce pan and cook for 30 seconds. Add spinach, milk, sour cream, and cream cheese to the sauce pan.
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6. Cook over medium heat while stirring until the cream cheese has melted (about 2 minutes). Remove sauce pan from heat and stir in bacon and $\frac{1}{4}$ cup of Parmesan cheese.
7. Transfer mixture to a $1\frac{1}{2}$ quart baking dish and top with $\frac{1}{4}$ cup Parmesan cheese.
8. Heat oven to 350°F. Bake the spinach dip until bubbling (about 14 minutes). Change the oven setting to broil, and broil until the top browns.
9. Let sit 5 minutes. Serve dip warm with your favorite crackers or chips.

Additional Food Safety Notes Related To This Recipe

- Always start and finish with a clean work area by wash cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Always store raw bacon on the bottom shelf of the refrigerator. Place the raw bacon package on a pan or a plate to catch any juices that may drip.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Wash hands correctly after handling raw bacon.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.

Recipe Source

<http://www.marthastewart.com/329037/spinach-bacon-and-onion-dip>