

Zucchini Bread Recipes

Spinach & Artichoke Wonton Cups

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Filling

- [ ] 2 cups fresh spinach, chopped
- [ ] 1 cup marinated artichoke hearts, drained and diced
- [ ] 4 oz cream cheese, softened
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 garlic clove, minced
- [ ] 1 tsp lemon juice
- [ ] Salt and pepper to taste

Assembly

- [ ] 30 wonton wrappers
- [ ] 1 tbsp olive oil for brushing
- [ ] Extra grated Parmesan for topping

Instructions

1. Preheat the oven to 375°F (190°C) and line a muffin tin with paper liners.
2. In a bowl, combine spinach, artichoke hearts, cream cheese, Parmesan, garlic, lemon juice, salt and pepper; mix until smooth.
3. Place a wonton wrapper in each muffin cup, gently pressing to shape a cup; spoon the filling into each, leaving a small space at the top.
4. Brush the edges with olive oil, sprinkle extra Parmesan, and bake for 12-15 minutes until golden.
5. Remove, let cool for a minute, then serve warm with a side of fresh salad.

Nutrition per serving

180 kcal	8 g	12 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not overfill; the filling expands slightly.
- If using a silicone muffin pan, no liners are needed.
- For a spicier kick, add a pinch of red pepper flakes.