Spinach Artichoke Chickpea Bake

One 8×12 in (20×30 cm) dish, at least 3 qt/2.8 L;4 main-dish portions, each with 1 bread slice · Active 30 min · Total 1 hr 20 min

Ingredients

- 10 1/2 oz frozen chopped spinach (300 g)
- 1/4 cup water (60 ml), for spinach, or packet requirement
- 10 1/2 oz canned artichoke hearts in water or brine, drained and quartered (300 g drained)
- 3 cans chickpeas, drained and rinsed (1 lb 9 oz/720 g drained total)
- 2 tablespoons olive oil (30 ml), divided equally between filling and crumbs
- 1 medium onion, finely chopped (150 g)
- 3 garlic cloves, finely chopped (9 g)
- 1/2 cup low-sodium vegetable stock (120 ml)
- 3 1/2 oz plain cream cheese (100 g)
- 1/2 cup sour cream (120 g)
- 1/3 cup plus 1 tablespoon finely grated Parmesan (40 g), divided equally between sauce and topping
- 1/4 teaspoon black pepper
- 2/3 cup coarse fresh breadcrumbs (40 g)
- 4 slices plain whole-grain bread (5 1/2 oz/160 g total), for serving

Set out

Oven, 8×12 in (20×30 cm) baking dish, at least 3 qt/2.8 L, Small covered saucepan, Large deep skillet, Colander, Clean towel, Fork, Small bowl, Small bread tray, Rimmed baking sheet, Suitable foil if needed, Food thermometer

Allergens

Milk, Wheat; check bread for sesame, soy or other allergens and stock for celery. Check labels and substitutions.

Make it

1. Heat oven to 400°F (205°C). Put the dish on a rimmed sheet. Cook frozen spinach with its water according to the packet, usually 5–7 minutes, until thoroughly cooked. Cool promptly until safe, squeeze very dry and chop. Drain, quarter and pat artichokes dry; drain chickpeas thoroughly.

2. Heat 15 ml oil in the skillet over medium heat. Cook onion 7–9 minutes until soft, then garlic 30 seconds. Add stock and cream cheese and stir over low heat 2–3 minutes until smooth. Take off the heat and stir in sour cream,20 g Parmesan and pepper.

3. Fold in chickpeas, spinach and artichokes gently and spread in the dish. Mix crumbs, remaining 15 ml oil and remaining 20 g Parmesan and scatter loosely.

4. Bake 25–30 minutes until top is golden and the center and several other points reach 165°F (74°C). Shield crumbs loosely if needed while the middle finishes. Warm bread on its separate tray for the final 4–5 minutes, watching so it does not burn.

5. Rest 5 minutes. Serve one-quarter of the bake with one bread slice per person.

A main dish, served in portions

Three cans of chickpeas provide the base of four proper portions. Set out a serving spoon and plates rather than treating the whole warm pan as an all-afternoon dip.

A useful detail

The 80-minute total includes packet spinach cooking and safe handling, artichoke draining, the sauce stage, full bake and rest. No extra salt is added because artichokes, dairy and stock vary.

Keep it well

Keep bread separate. Refrigerate shallow bake portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 2 days or an earlier dairy or opened-ingredient deadline. Reheat to 165°F (74°C), adding a little water if needed. Refrigeration is preferred to freezing because the sour-cream sauce may separate.