

## Creamy Artichoke Dip with Spinach

Source: [meatified.com](http://meatified.com)

Prep	Cook	Total
15 min	15 min	30 min

Yield: 1 3/4 cups

Serving: 4

This Creamy Artichoke Dip doesn't need dairy to replicate the creaminess of this much-beloved appetizer. In fact, this recipe uses even more vegetables than normal to create the smooth, delicious, scoopable texture...which means there is no need to tell anyone how good this recipe is for them! You may want to make a double batch!

### Ingredients

1 tbsp (15 ml) coconut *or avocado oil*  
 1/2 cup (45 g) diced onion  
 2 cloves garlic *minced*  
 1 cup (120 g) peeled summer squash  
 3/4 cup chicken broth *veggie works too*  
 6 oz (170 g) drained jarred artichoke hearts  
 2 tbsp (8 g) nutritional yeast  
 1/2 tsp ground mace  
 6 oz (170 g) package of frozen spinach *thawed*

### Directions

**SOFTEN:** Add the oil to a saucepan over medium heat. Add the diced onion and garlic to the pan while you peel and chop the summer squash. Cut the summer squash into pieces that are the same size as the diced onion, then add to the pan and stir to coat with the oil. Cook until the squash is tender, stirring occasionally so the squash doesn't brown, about 10 minutes.

**BLEND:** Transfer the softened vegetables to a blender and add the chicken broth. Gently squeeze the artichoke hearts to release any excess water before you weigh them out. Add the artichoke hearts, nutritional yeast and mace to the blender – process until you have a thick, smooth, “creamy” sauce.

**SIMMER:** Pour the sauce back into the saucepan and return to the stove top at a low heat. Drain the spinach and squeeze out any excess water, then chop finely. Stir the frozen spinach into the sauce and simmer until the dip is warmed through. The dip probably won't need any additional salt because of the artichoke hearts, but taste now and add any extra salt if you wish. Serve the dip warm and enjoy. Try pairing it with veggies or pita wedges.

### Nutritional Information

Amount Per Serving (4 Servings)

Calories: 94 Protein: 5 g Sugar: 3 g Carbohydrate: 11 g Fat: 4 g Cholesterol: 1 mg Sodium: 140 mg Fiber: 4 g



PLAN  EAT