

Spinach, Avocado & Artichoke Dip

This fresh, vibrant twist on classic spinach and artichoke dip is creamy, fresh and comes together in just a few minutes – no oven required. Creamy avocado stands in for dairy traditionally found in this recipe, creating a luscious texture while providing heart-healthy, monounsaturated fats. Spinach and artichokes add fiber and protective phytonutrients while lemon and garlic bring brightness and flavor in lieu of overdoing it with salt. Simply pulse together in a food processor for a feel-good appetizer or snack.

Prep Time: 10 mins **Serves:** 4-6

Ingredients

- 2 medium avocados, halved and pitted
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice, or more to taste
- 1 clove garlic roughly chopped
- ¼ teaspoon salt
- Pinch of red pepper flakes
- Freshly ground black pepper
- 1 ½ cups packed baby spinach about 1 ½ ounces
- ½ cup drained marinated artichokes (from jar or can)
- Optional: ¼ cup shredded parmesan or 2 tablespoons nutritional yeast

Serve with:

- Bell peppers, whole grain crackers, or whole wheat pita chips

Instructions

1. Scoop the avocado flesh into a food processor using a spoon. Add the olive oil, lemon zest, lemon juice, garlic, salt, pepper flakes, and black pepper. Blend until smooth, pausing to scrape down the sides as necessary.



2. Add the spinach, artichokes, and optional parmesan cheese or nutritional yeast then pulse until the spinach and artichokes appear roughly chopped, 10 to 15 times. Pause to scrape down the sides as necessary. Season to taste with additional lemon juice, parmesan or nutritional yeast, if desired.
3. Transfer the dip to a small serving bowl and serve with bell peppers, toasted whole wheat pita, or whole grain crackers.
4. It's best to enjoy right away but it will keep in the refrigerator for up to 2-3 days. To store the dip, seal plastic wrap firmly against the surface to prevent it from browning.