

Dr. Hyman's Championship Artichoke Dip

Serves = 10

Prep Time = 15 minutes

Cook Time = 8 minutes

Ingredients:

1/2 cup cashews, whole, raw

1 tablespoon extra virgin olive oil, divided

1/2 cup water

1 avocado, ripe, peeled and diced in chunks

juice from 1/2 lemon

1/4 onion, finely chopped

2 cloves garlic, minced

1 16-ounce bag organic spinach, frozen, thawed, finely chopped

1 14 -ounce jar artichokes, brined, drained, rough chopped

1/2 teaspoon sea salt

red pepper flakes, to taste

fresh parsley, for garnish, *optional*

Instructions:

Place cashews, 1/2 tablespoon oil, and water into a food processor and blend until a smooth, buttery texture is formed, about 2 – 3 minutes. Pulse in avocado chunks until it's roughly combined with cashew sauce. There should be a slightly chunky texture. Set mixture aside in a medium-sized serving bowl. Stir in lemon juice.

Heat remaining oil in a skillet over medium-low heat. Cook onion until translucent, about 5 minutes. Reduce heat to low, add in garlic, and stir continuously until fragrant, about 1 minute more.

Add in spinach and artichokes and cook for 2-3 minutes more, or until veggie mixture is warmed through. Add in salt, and red pepper flakes, and stir to combine. Remove from heat and let cool for 3 minutes, or until no longer piping hot.

Add spinach mixture to serving bowl and stir to combine. Garnish with fresh parsley, if using. Serve immediately with a side of fresh vegetables. Store leftovers in the refrigerator for up to 3 days.

Nutritional analysis per serving (1/2 cup): calories 147, fat 11 g, saturated fat 2 g, cholesterol 0 mg, fiber 5 g, protein 4 g, carbohydrate 11 g, sodium 226 mg

Wishing you health and happiness, Mark Hyman, MD.