Spinach Artichoke Dip

Source: Dustin Harder of VeganRoadie.com

About the Recipe

90 Calories · 5 g Protein · 3 g Fiber
Appetizers

You can add more spinach to this recipe if you like. It calls for 5 ounces because grocery stores traditionally sell spinach preportioned to a 5-ounce weight. Add as much as 10 ounces of fresh spinach, if preferred. For convenience you can also use 10 ounces of frozen chopped spinach. Thaw before adding to the skillet and squeeze out any access water.

Ingredients

Makes 16 Servings

- 1 tablespoon (15 mL) olive oil (see notes for oil-free option)
- 1 onion, chopped
- 1 5-ounce package baby spinach
- 1 14-ounce can quartered artichoke hearts, drained, rinsed, and roughly chopped
- 3/4 cup (109 g) raw unsalted sunflower seeds
- 3/4 cup (192 g) low-sodium canned great northern beans or 3/4 cup cooked great northern beans, drained and rinsed
- 1/2 cup (30 g) nutritional yeast
- 2 tablespoons (18 g) sauerkraut
- 1 clove garlic, minced
- Juice of 1 lemon
- 1 tablespoon (16 g) chickpea miso
- 1 teaspoon dried basil
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon ground black pepper

- 1/4 teaspoon crushed red pepper flakes or to taste
- 1 1/2 cups (355 mL) water
- Smoked paprika **optional*

Directions

1. Heat the oil in a large skillet over medium heat. Add the onion, spinach, and artichokes and saute for 4 minutes until onion is soft and spinach has wilted.
2. Add the sunflower seeds, beans, nutritional yeast, sauerkraut, garlic, lemon juice, miso, basil, salt, pepper, red pepper flakes, and water to a blender and blend until smooth and creamy.
3. Transfer mixture to skillet and cook on medium for 3-5 minutes until heated through, stirring often to prevent the mixture from burning. Transfer mixture to a serving dish and sprinkle with smoked paprika, if using.
4. Serve hot with corn chips or crudites for dipping.OIL-FREE: Omit the oil completely and use 1/4 cup water or low-sodium vegetable broth to saute the vegetables; add more liquid as needed.

Nutrition Facts

Per serving:
Calories: 90
Fat: 5 g
Saturated Fat: 0 g
% Calories From Fat: 44%
Cholesterol: 0 mg
Protein: 5 g
Carbohydrate: 9 g
Sugar: 1 g
Fiber: 3 g
Sodium: 323 mg
Calcium: 35 mg
Iron: 1 mg
Vitamin C: 4 mg
Beta-Carotene: 481 mcg
Vitamin E: 3 mg