

Janet's Lemony Spinach Artichoke Dip

1. Using just the water clinging to the leaves after rinsing, steam the spinach until just wilted. 2-3 minutes. Drain.

2. In a food processor, puree the spinach, garlic, beans, scallions, basil and 2 TBS lemon juice until very smooth.

3. Fold in the minced artichoke hearts and add more lemon juice, salt and pepper to taste. Serve chilled or at room temp. Enjoy!

Tip: I also mixed in 2 TBS of nutritional yeast flakes and 1 TBS olive oil at the end to add richness. Yum!

Artichoke is one of my absolute favorite foods, and as in the case of most veggies- it's super nutritious. In fact, artichoke comes in # 7 on the USDA's 'top 20 antioxidant-rich food's list.' Not too shabby. It is packed full of vitamins, alkalizing minerals and fiber.

Artichoke is also known for being a potent liver tonic. It contains natural compounds such as silymarin, which are beneficial for detoxifying and regenerating the liver. Many even swear by artichoke as hang-over remedy:)

Who doesn't love spinach and artichoke dip? The classic cheese-filled calorie bomb is usually reserved for special occasions, but one of our lovely clients (Thank you, Janet) passed on a recipe for a healthy "every day" version. Enjoy it as a sandwich spread, with grilled chicken, or as a traditional dip for carrot and celery sticks.