

## Spinach & Artichoke Spread

A healthy low-fat, high-fiber vegetable dip that tastes great too!

- 5 ounces fresh spinach, rinsed & stemmed\*  
(about 4 cups lightly packed leaves)
- 1-2 garlic cloves, pressed or minced
- 1 15-oz. can white kidney beans, rinsed & drained
- 1 cup scallions, chopped
- 2.4 tbsp fresh basil, chopped
- 1 tsp olive oil
- 2-3 tbsp fresh lemon juice to taste
- 1 15-oz. can artichoke hearts, drained & minced
- Salt & ground black pepper to taste



Steam spinach for 2-3 minutes. Drain well. In a food processor, puree the spinach, garlic, beans, scallions, basil, olive oil, & 2 tbsp of the lemon juice until very smooth. Fold in the minced artichoke & add more lemon juice, salt, & pepper to taste. Serve chilled or at room temperature. Makes about 3 cups or 12  $\frac{1}{4}$ -cup servings.

\* You can substitute 5-oz. package frozen spinach (thawed & drained) for the fresh.

### Nutrient Profile (per $\frac{1}{4}$ cup serving):

Calories	45 kcals	Fat	<1 gm
Protein	3 gm	Fiber	3 gm

This dip could be a healthy addition to holiday festivities. Spinach is a great source of protective carotenoids, chlorophyll, and fiber. Rich in protein, fiber, iron, calcium, zinc, and B vitamins, beans are a host of phytonutrients, which may have various wellness benefits. Allium or organosulfur compounds, found in the garlic and scallions, help to inactivate carcinogens, stimulate detoxifying enzymes, and are great for heart health.