



## Spicy Kale and Artichoke Dip

Recipe By JASMIN QUEEN

SERVES: 4

### INGREDIENTS:

- ☐ 3/4 cup raw cashews, soaked for at least 2 hours
- ☐ 1 tbsp. light miso
- ☐ 1/2 tsp. lemon zest
- ☐ 1 tbsp. lemon juice
- ☐ 1 tsp. Dijon mustard
- ☐ 3 tbsp. nutritional yeast
- ☐ 1 1/2 tsp. onion powder
- ☐ 1/4 cup pepperoncini peppers, sliced
- ☐ 1 cup vegetable broth
- ☐ 2 tbsp. olive oil
- ☐ 1 (14 oz.) can artichoke hearts, chopped
- ☐ 5 cloves garlic, chopped
- ☐ 3 cups kale, chopped
- ☐ salt and pepper, to taste

### GARNISH OPTIONS:

- ☐ curly parsley
- ☐ chili flakes
- ☐ whole pepperoncini peppers

### DIPPER OPTIONS:

- ☐ bread cubes
- ☐ carrot sticks
- ☐ celery sticks
- ☐ bell peppers
- ☐ crackers

### DIRECTIONS:

- ☐ 1. Combine the cashews, miso, lemon zest, lemon juice, mustard, nutritional yeast, onion powder, salt, pepper, and vegetable broth in a blender. Blend the mixture until you have a thick but pourable cream. Set aside.
- ☐ 2. Heat olive oil in a large skillet over medium-high heat. Add the chopped artichokes and the pepperoncini peppers to the pan and stir. Heat until warmed. Add the garlic and sauté for about 45 seconds. Add the kale to the pan and stir until the kale is wilted.
- ☐ 3. Pour the cashew cream into the kale and artichoke mixture, combining well. Season with salt and pepper.
- ☐ 4. Pour dip into a serving bowl and top with garnishes. Serve with your choice of dippers.

*For an extra kick, add 1/4 cup sliced pepperoncini peppers to the cashew mixture before blending.*

## Did you make this recipe?

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