



Makes about 5 cups
Preparation Time: 25 minutes
Cook Time: 1 hours 20 minutes

INGREDIENTS:

1 cup finely chopped yellow onion

5 cloves garlic, minced

3.5 oz. curly kale, tough stems removed and leaves chopped (2 packed cups)

1 14-oz. can water-packed artichoke hearts, rinsed and drained (8 to 10 hearts)

1 15-oz. can no-salt-added cannellini beans, rinsed and drained (1½ cups)

¾ cup unsweetened, unflavored plant-based milk

½ cup soaked raw cashews (see tip, recipe intro)

¼ cup lemon juice

1 tablespoon nutritional yeast

2 teaspoons Dijon mustard

1 teaspoon onion powder

½ teaspoon sea salt

¾ teaspoon mustard powder

Pinch crushed red pepper, or more to taste

Baked Kale and Artichoke Dip

Destined to become a **party** favorite, Ashley Madden's wholesome vegan kale and artichoke dip is a delicious, dairy-free riff on classic spinach and artichoke dip. Madden uses cashews and **cannellini beans** for a rich-tasting, creamy base, while leafy kale stands in for the usual spinach. If you don't like nuts, feel free to use a half cup of tofu instead. Low in fat and high in flavor, this crowd-pleasing kale and artichoke dip requires just 25 minutes of active prep time, giving you plenty of time to relax and enjoy the party. (Just be sure to allow an hour for the cashews to soak.) Serve warm from the oven with whole-grain crackers or crusty bread.

Tips

Cashews: To soak cashews, cover raw cashews in very hot water and soak for 1 hour; drain.

Nut-free version: To make this nut-free, use ½ cup well-drained packed firm tofu instead of the cashews.

Gluten-free version: To make this gluten-free, be sure to use a gluten-free Dijon mustard and serve on gluten-free bread or **crackers**.

For more inspiration, check out these tasty ideas:

- [Dairy-Free Spinach and Artichoke Dip](#)
- [Lentil-Walnut Pâté](#)
- [Pesto Artichoke Spread](#)
- [Chipotle Black Bean Dip](#)

By Ashley Madden, B.Sc.(Pharm), ACPR, CHNC

- 1 Preheat oven to 375°F. In a small pan cook onion in 3 tablespoons water 10 minutes or until very soft and translucent, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent burning. Add garlic; cook and stir 30 seconds. Add kale and artichokes; cook 2 to 4 minutes or until kale wilts and turns bright green. Remove from heat.
- 2 In a high-speed blender combine the remaining ingredients. Cover and blend until completely smooth. Add sautéed vegetables to blender; cover and pulse until well combined with no large chunks remaining. (Do not blend until completely smooth; there should still be some texture.)
- 3 Transfer mixture to an 8-inch square baking dish. Bake 20 minutes or until the top is golden and just beginning to brown around the edges. Serve warm with whole grain crackers or crusty bread.