



Makes 3 cups
Preparation Time: 20 minutes
Cook Time: 25 minutes

INGREDIENTS:

½ cup chopped onion

5 oz. fresh baby spinach,
stemmed and coarsely chopped

3 cloves garlic, minced

½ of a 10-oz. pkg. frozen
artichoke hearts, thawed,
pressed to remove excess water,
and chopped

½ of a 15-oz. can no-salt-added
white beans, rinsed and drained
(¾ cup)

¾ cup unsweetened, unflavored
plant-based milk

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

3 tablespoons nutritional yeast

3 tablespoons lemon juice

¼ teaspoon sea salt

Cheesy Vegan Baked Spinach Dip

This healthy twist on the Cheesecake Factory favorite features aromatics, fresh spinach, and frozen [artichoke hearts](#) for convenience. A creamy cashew and white bean sauce, stirred in just before baking, delivers mouthwatering cheesiness and is significantly lower in fat than traditional versions. Serve with [home-baked tortilla chips](#) and a dollop of [pico de gallo](#) for a guilt-free snack worth raving about. This recipe calls for portioning out the dip into individual-serving ramekins so that guests can double-dip to their hearts' content—but you can also serve it in one large dish. (See tip below.)

Making this cheesy vegan spinach and artichoke dip for a Super Bowl party? Find our full selection of [vegan Super Bowl recipes](#) here, and build a delicious game-day menu!

Tips

For a single large dish of dip: Spoon spinach mixture into a 9- or 10-inch deep-dish pie plate. Bake and serve as directed.

Cashews: Soak cashews in enough hot water to cover 15 minutes; drain and rinse.

For more inspiration, check out these tasty ideas:

- [Whole Grain Pretzel Bites](#)
- [Baked Kale and Artichoke Dip](#)
- [Vegan French Onion Dip](#)
- [Harissa Hummus](#)

By Laura Marzen, RD, LD

- 1 Preheat oven to 350°F. In a large skillet cook onion over medium 4 to 5 minutes or until tender, stirring frequently and adding water, 1 tablespoon at a time, as needed to prevent sticking. Add spinach and garlic; cook, tossing with tongs, 1 to 2 minutes or until spinach is wilted. Add artichokes; cook 2 to 3 minutes or until most of the liquid has evaporated. Transfer spinach mixture to a large bowl.
- 2 In a blender combine the next six ingredients (through salt). Cover and blend until very smooth, scraping sides of blender as needed. Add to spinach mixture; stir until well combined. Spoon mixture evenly into six 4-oz. ramekins or custard cups. Place ramekins in a shallow baking pan.
- 3 Bake 20 minutes or until dip is heated through. Let cool 5 to 10 minutes before serving.