



Baked Kale + Artichoke Dip

INGREDIENTS

1 1/2 cups (about 1 - 15 oz. can) cooked white beans
1 cup Sir Kensington's Fabanaise Vegan Mayo
1/4 cup nutritional yeast
1/4 cup roasted red peppers
2 tablespoons lemon juice
1 teaspoon fresh basil, chopped
1 teaspoon salt
1 teaspoon cayenne pepper
1 tablespoon oil or vegan butter
4 cloves garlic, minced
1 medium yellow onion, finely chopped
1 heaping cup artichoke hearts, roughly chopped
3 packed cups de-stemmed kale, leaves roughly chopped
1/2 cup panko breadcrumbs (use GF if you prefer)

DIRECTIONS

Preheat oven to 375°.

In a food processor, combine the white beans, Fabanaise, nutritional yeast, roasted red peppers, lemon juice, fresh basil, salt and cayenne pepper until smooth. Scoop the mixture out into a bowl and set aside.

In a medium cast iron pan, melt the oil or butter over medium heat. Sauté garlic and onions together 3-5 minutes, until softened. Pour in the chopped artichokes and stir to combine. Pour in the kale about a cup at a time, stirring to wilt. When the kale has wilted, shut off the heat and pour in the blended white bean mixture. Stir to combine completely.

Pour the panko bread crumbs over the top of the mixture, then cover the pan with aluminum foil. Bake for 15 minutes. Remove the foil and bake for another 10-15 minutes, until the mixture is bubbly and hot. Let cool 5 minutes, then serve with bread, chips or sliced vegetables!

NOTES

Serves 6.

