

Spinach-Artichoke Dip

September 3, 2009 By Kristen Feola



Spinach Artichoke Dip

8 ounces firm tofu, drained

1 cup chopped canned artichokes, drained, reserve 2 tablespoons canned juices

½ (10-ounce) package frozen chopped spinach, thawed, squeezed dry

1 teaspoon dried basil

1 teaspoon salt

1/8 teaspoon pepper

2 teaspoons extra-virgin olive oil

¼ cup diced onion

2 cloves garlic, minced

Preheat oven to 375 degrees. Place tofu, artichokes, artichoke juice, and spinach in a food processor or blender. Process until smooth. Transfer mixture to a medium-sized bowl. Stir in basil, salt, and pepper. Set aside.

Heat oil in a small skillet, and cook onions and garlic until onions are translucent. Remove from heat, and stir into spinach artichoke mixture. Place in a 3-cup glass or ceramic baking dish that has been rubbed with olive oil. Bake 20 minutes, or until edges start to brown. Serve warm.

Yield: 8 servings (serving size: about ¼ cup)