



Artichoke Kale Dip

1 can artichoke hearts, drained
2.5 oz kale, destemmed
1 tsp capers

4 oz mushrooms, diced small
1 small shallot, diced
2 garlic cloves, minced
1 TB white wine

3/4 cup raw cashews, soaked
1 cup Mushroom Stock
2 TB nutritional yeast
1 TB Seedy Parmesan
1 TB soy sauce or low sodium tamari
1/2 TB lemon juice
1 1/4 tsp black pepper
1 tsp salt
1 tsp onion powder
1 tsp fresh thyme
1 tsp miso
1 tsp apple cider vinegar
1/2 tsp mustard powder
1/2 tsp lemon pepper
1/4 tsp garlic powder
1/4 tsp smoked paprika

Topping:

1 TB Seedy Parmesan

1. Preheat oven to 375F.
2. Drain artichokes and place in food processor with kale and pulse until both are small bites but not mush. Add capers and pulse 1 or 2 more times.
3. In a cast iron skillet sauté mushrooms over medium heat until they are soft and have a nice sear. Add shallot and garlic and cook through. Deglaze the pan with wine. Remove pan from heat.
4. Add artichoke/kale mixture to the pan and stir to combine.
5. In a high speed blender add all remaining ingredients, except for topping, and blend until smooth. Pour into pan and stir to combine.
6. Sprinkle Seedy Parmesan evenly over the top. Place in oven for 15-20 minutes.