

# Market District Demo Recipes

## Appetizer



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

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## Dairy Free Spinach and Artichoke Dip

Serves: 17

Modified from: [www.minimalistbaker.com](http://www.minimalistbaker.com)

**Items Needed:** cutting board, knife, can opener, oven safe skillet, blender, measuring cups, measuring spoons, small bowl

### Ingredients:

- 1 ¼ cups raw cashews
- 2 Tablespoons olive oil
- 5 cloves garlic
- ¾ cup chopped shallot
- 1 ½ cups unsweetened plain almond milk
- 5 Tablespoons nutritional yeast
- ½ teaspoon each sea salt and black pepper
- 4 cups loosely packed chopped fresh spinach
- 1 (14-ounce) can artichoke hearts (rinsed, drained, dried, and roughly chopped)

### Directions:

1. Soak cashews for 1 hour in very hot water (uncovered) or in cool water overnight. Drain and set aside.
2. Preheat oven to 375 F. Heat a large oven-safe metal or cast-iron skillet over medium heat. Once hot, add oil, garlic and shallot. Sauté for 1-2 minutes, then lower heat to medium-low and sauté for 2-3 minutes more or until just golden brown and slightly caramelized. Set off the heat to cool.
3. To a blender, add soaked and drained cashews, **half** of the sautéed garlic and shallot, almond milk, nutritional yeast, sea salt and pepper and blend into a creamy puree, scraping down the sides as needed.
4. Heat the skillet with the remaining shallot and garlic over medium-high heat and add spinach and chopped artichokes, stirring frequently, to wilt and soften spinach. Turn off heat and add all of the sauce from the blender. Stir to combine.

5. Bake for about 5-8 minutes in the oven (place into a casserole dish if you don't have an oven-safe skillet) or until the dip is hot enough to serve. Be careful not to over-bake or the cheese sauce can begin to dry out and lose its creamy texture.
6. Serve hot with assorted vegetables, tortilla chips, crackers or toasted baguette. Store leftover dip covered in the refrigerator up to 4-5 days. Reheat in an oven-safe dish at 350 F until warmed through, adding more almond milk as needed if dip has dried out.

### **Nutrition Information (per ¼ cup dip):**

Calories: 106 Fat: 6 g Carbs: 9 g Protein: 5 g Fiber: 3 g Sodium: 180 mg