

Spinach, Artichoke, and Avocado Dip with Homemade Corn Chips



Servings: 10

For the Corn Chips:

1 package corn tortillas

avocado oil

salt and pepper, to taste

For the Spinach, Artichoke, and Avocado Dip:

10 ounces frozen spinach, defrosted

14 ounces canned artichoke hearts, chopped

1 roasted red pepper, chopped

3 green onions, sliced

1 avocado, pitted and peeled

1/2 cup mayonnaise

1 tablespoon lemon juice

1/2 teaspoon salt

1/2 teaspoon garlic powder

1/4 teaspoon black pepper

For the Corn Chips:

Place the corn tortillas on a cutting board and cut into quarters. Lay them out in an even layer on a baking tray lined with parchment paper. Toss and coat in avocado oil, salt, and pepper.

Bake in a 350°F oven for 15-20 minutes or until crisp and slightly golden. The chips will crisp as they cool.

For the Spinach, Artichoke, and Avocado Dip:

Place the spinach between 2 paper towels. Squeeze out as much liquid out as you can.

In a large bowl combine spinach, artichoke hearts, roasted red pepper, and green onions. Mix to combine and set aside.

In a separate bowl mash the avocado. Add mayonnaise, lemon juice, salt, garlic powder, and pepper. Stir to combine.

Stir the spinach mixture into the avocado mixture. Mix until well combined.

Pour into a shallow casserole dish and spread into an even layer.

Bake in a 350°F oven for 20 minutes or until hot.

Serve with the corn chips.

Per Serving (excluding unknown items): 79 Calories; 6g Fat (60.3% calories from fat); 2g Protein; 7g Carbohydrate; 3g Dietary Fiber; 2mg Cholesterol; 408mg Sodium; 2g Total Sugars; 0mcg Vitamin D; 50mg Calcium; 1mg Iron; 235mg Potassium; 38mg Phosphorus. Exchanges: .