

Kale, Artichoke and Avocado Dip



Servings: 10

*10 ounces frozen chopped kale,
thawed*

*14 ounces artichoke hearts (canned),
chopped*

1 roasted red pepper, chopped

3 green onions, sliced

1 avocado, peeled and pitted

1/2 cup mayonnaise

1 tablespoon lemon juice

1/2 teaspoon salt

1/2 teaspoon garlic powder

1/4 teaspoon black pepper

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

In a large bowl combine kale, 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.

Mix the kale mixture and avocado mixture together. 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 crackers or chips.

Per Serving (excluding unknown items): 66 Calories; 6g Fat (70.9% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 386mg Sodium; 1g Total Sugars; 0mcg Vitamin D; 11mg Calcium; trace Iron; 132mg Potassium; 17mg Phosphorus.
Exchanges: .