

Roasted Cauliflower Artichoke Dip

Ingredients

- ½ head cauliflower
- 1 can artichokes
- 2 tablespoons olive oil
- 4 oz cream cheese
- 1 cup mayo
- ½ cup sour cream
- 1 ½ cups grated parmesan cheese, divided into 1 cup and ½ cup
- 1 clove garlic
- ½ cup scallions – chopped plus more for garnish
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon butter for greasing pan
- Veggies for serving

Directions

Preheat the oven to 425°F. Line a cookie sheet with foil. Open and drain the artichokes. Remove and discard any leaves from the stem. Remove the florets from the stem. Trim the stem and cut into small pieces. Cut florets into pieces approximately the same size.

Place on the sheet and toss with the olive oil and a pinch of salt and pepper. Roast in the oven until light golden brown, approximately 30 minutes, but stir after about 15 minutes.

Meanwhile, chop the artichokes into desired size and set aside. Remove the cauliflower from the oven and transfer to the food processor. Add the cream cheese, mayo, sour cream, 1 cup parmesan cheese, ½ cup scallions, ½ teaspoon salt, pinch pepper. Pulse until smooth and creamy. Transfer to a large bowl and stir in the artichokes.

Butter an oven safe dish and transfer the dip to the vessel. Reduce heat to 350° and bake until golden brown and cheese is melted, approximately 20 minutes.

Serve with veggies or any low-carb/keto chips.