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GF Artichoke & Bean Dip/Spread©

- 1 sprig fresh rosemary stripped (about 1 Tlb.)
- 3 small cloves garlic
- 1 14 ounce can of artichokes in water – drained
- 1 can (15 oz) cannellini or great northern beans – drained & rinsed
- 2 Tlbs extra virgin olive oil (optional)
- ¼ tsp. salt
- Pepper to taste
- 1 Tlb. fresh lemon juice

- Drop rosemary & garlic down the feed tube of a running food processor, and process till minced fine
- Stop machine & scrape down sides
- Add artichokes & beans
- Process until pureed
- While machine is running, add olive oil
- Add salt, pepper and lemon juice & process just enough to combine

Serving Suggestions:

Serve with vegetable crudités, pure corn tortilla chips, or other GF chips.

Option: can be made with 1 cup steamed carrots in place of artichokes

Recipe Makes: about 2 cups (calculated with olive oil which adds 120 calories & 14 gm fat per serving = one cup)

Nutrition Facts	
Serving Size 434g	
Servings per container 2	
Amount Per Serving	
Calories 476	Calories from Fat 137
Total Fat 16g	
Saturated Fat 2g	
Cholesterol 0mg	
Sodium 419mg	
Total Carbohydrate 70g	
Dietary Fiber 27g	
Sugars 2g	
Protein 21g	
Vitamin A 1%	Vitamin C 34%
Calcium 16%	Iron 26%