Artichoke Lemon Dip Recipe

Simply Recipes blog



Servings: 10

14 ounces artichoke hearts, packed in water, drained, chopped
1/4 cup chopped fresh parsley
1/4 cup Parmesan cheese (25 g) packed, grated
1 tablespoon lemon zest
1 clove garlic, minced (about 1 teaspoon)
1/2 teaspoon fresh ground black pepper
1/4 teaspoon salt
8 ounces cream cheese (225 g) room temperature
3 tablespoons lemon juice, or more

My Notes: This recipe makes a LOT of dip - leftovers could be served atop green vegetables, or tossed with pasta.

1. Put the drained artichoke hearts, parsley, Parmesan, lemon zest, garlic, and salt and pepper in a food processor. Pulse a few times until a paste forms. You should still be able to make out bits of parsley and lemon, so don't over-process it.
2. Place the cream cheese in a medium sized bowl. Add the artichoke parsley mixture and the lemon juice. Stir until well blended. Add more salt, pepper, and lemon juice to taste. Garnish with a few fresh leaves of parsley or ribbons of lemon zest.

Per Serving (excluding unknown items): 111 Calories; 9g Fat (66.1% calories from fat); 4g Protein; 6g Carbohydrate; 2g Dietary Fiber; 26mg Cholesterol; 196mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat.