

## **Artichoke Delight Dip**

From *The Everyday Vegan*

*This is a yummy dairy-free dip. Great for bringing to cocktail parties and impressing your friends and family. Wrap it up in filo pastry to make Spinach Artichoke Puffs. Garnish with a little soy parmesan and they'll never know it's tofu! Artichokes are a great liver supporting food!*

- ½ cup soft tofu
- ¼ vegan mayonnaise
- 2-3 garlic cloves, roughly chopped
- 1 Tbsp. lemon juice, fresh squeezed
- 2 tsp. rice vinegar
- 1/8 tsp sea salt
- Fresh ground pepper to taste
- 1 can artichoke hearts (rinsed well and drained)
- ½ cup fresh spinach, roughly chopped, packed
- 3-4 Tbsp. fresh parsley, chopped

Preheat oven to 375°F. In a food processor, puree the tofu, Mayonnaise, garlic, lemon juice, vinegar, sea salt and black pepper until well blended (scraping down the sides a couple of times). Add the artichoke hearts, spinach, and parsley, and pulse through until mixture start to smooth out but still has some texture. Transfer the mixture to a small baking dish. Bake for 20-25 minutes (the top should be golden in spots). Remove, let cool slightly, and serve. This dip can be made ahead and refrigerated until ready to bake and serve, but after refrigeration, the baking time will be a little longer.