

JENNI MARIE'S TEST KITCHEN

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Garlic Artichoke Dip

Serves 6 People

Equipment Needed:

- [Small Mixing Bowl](#)
- [Kitchen Scale](#)
- [Measuring Cups & Spoons](#)
- [Cutting Board & Chef's Knife](#)
- [Small Rubber Spatula](#)
- [Small Food Processor](#)
- [Cheese Grater](#)
- [Small Casserole or Gratin Dish](#)
- [Cooking Spray](#)

Directions:

1). Gather all equipment & ingredients. Place cottage cheese in a small food processor and process for 3 minutes or until silky smooth. Add cottage cheese to mixing bowl, followed by half of the shredded parmesan (set the other half aside for topping). Weigh and chop marinated artichokes and add to mixing bowl, followed by mayo, garlic oil, garlic powder and pepper. Mix ingredients until well combined.

- **8 oz. (226g.) Full Fat Cottage Cheese (Trader Joe's & Daisy are my go-to brands)**
- **2.5 oz. (64g.) Shredded Parmesan Cheese (divided)**
- **4 oz. (113g.) Marinated Artichoke Hearts, chopped**
- **2.5 oz. (71g.) Real Mayonnaise**
- **1 T. [Low FODMAP Garlic Replacer](#) (or 1/2 t. Garlic Powder if not cooking Low FODMAP)**
- **1/4 t. Black Pepper**

2). Spray an oven safe dish with cooking spray. Add mixture to dish, spreading it out evenly. Sprinkle remaining parmesan cheese on top and bake in an air fryer at 350°F for 8-10 minutes, or a conventional oven at 350°F for 15 minutes, and then broil for 3 minutes until the top is golden and bubbly. Let cool for 5-10 minutes before mixing well (for a creamier texture) and serving with toasted baguette slices, crackers, pita chips or tortilla chips. Store in the fridge for up to 7 days.

****Add 1-2 oz. fresh chopped spinach to this dish to make it "spinach artichoke dip."***

TIP - I purchase a 2 lb. container of cottage cheese, whip all of it in the food processor, portion it into 4oz. or 8oz. containers, and freeze it until I need it for one of my recipes. It works great, and I never have waste.

