

Hummus Artichoke Dip

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-greek-yogurt-veggie-dip-recipe>

Ingredients:

- 20 ounces hummus any flavor works
- 14 ounces artichoke hearts in water, drained
- 1/2 cup Mexican cheese shredded, plus more for topping
- bread
- veggies
- 1 onion diced
- 4 cloves garlic minced
- 2 tablespoons olive oil
- 5 tablespoons curry paste this drastically varies between personal tastes and brands so start with 1-2 tablespoons and increase as des...
- 2 quarts chicken stock
- 1 kabocha squash large, cut in half, deseeded and cubed
- 28 ounces coconut milk
- salt
- pepper
- greek yogurt optional
- naan bread optional
- sausages optional

Nutrition:

1. Calories: 1300 calories
2. Carbohydrate: 96 grams
3. Cholesterol: 60 milligrams
4. Fat: 89 grams
5. Fiber: 25 grams
6. Protein: 46 grams
7. SaturatedFat: 51 grams
8. Sodium: 2070 milligrams
9. Sugar: 27 grams

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