



## [Cheesy Kale and Artichoke Dip](#)

Recipe found on [AnnsEntitledLife.com](http://AnnsEntitledLife.com)

Prep Time:5 minutes

Cook time:10 minutes

### Ingredients:

- 2 cups Baby Kale
- 2 TBSP Water
- 4 oz Cream Cheese, softened
- 1 cup Parmesan Cheese, shredded
- 1 7.5oz jar Artichokes, drained
- 1/8 tsp Garlic Powder
- Dash of Salt

### Directions:

- In a large skillet over low heat combine 2 tablespoons of water and the kale; cook until the kale is limp. Set aside.
- In a medium sized sauce pan combine cream cheese and Parmesan cheese; melt over a medium low heat while stirring constantly.
- Add garlic powder and salt to cheese mixture; stir.
- Stir in artichokes and limp kale; mix well.
- Serve immediately.
- Refrigerate leftovers.

Makes 6 servings Cheesy Kale and Artichoke Dip