

# Nettle Artichoke Dip

Serves 6-8 | 15 minutes prep + 25 minutes cook time

Stinging nettles are my favorite wild food. Easier to find than mushrooms, we pick several pounds every spring, blanch them to neutralize the sting, and freeze portions to use throughout the year. Most of the time I make fritters, but nettles work in any recipe where you might use spinach, and they'll taste much better.

**1 cup blanched and drained stinging nettles (leaves and small stems) - about 1lb pre-blanched**

**1 teaspoon Burlap & Barrel purple stripe garlic powder**

**1 cup (about half the jar) Avo grilled artichokes with some of the oil from the jar**

**8 oz. (about 1 cup) Gina Marie farmers cheese**

**Zest and juice from 1 lemon\***

**½ cup extra virgin olive oil**

**1 teaspoon kosher sea salt**

**2 oz (about ½ cup) Parmigiano Reggiano cheese, grated**

**Step 1** If using freshly foraged nettles, use tongs to drop them in boiling water. Cook for about a minute, then use the tongs to hold the cooked nettles over the pot to drain. Drain in a colander set over a bowl to catch the liquid, let cool, and squeeze out as much liquid as possible (save the cooking liquid, substitute for vegetable or chicken broth if the dark color is ok).

**Step 2** Preheat oven to 350F

**Step 3** Combine nettles, garlic powder, artichokes, farmers cheese, lemon juice and zest, olive oil, and salt in processor, blitz until finely chopped and well mixed.

**Step 4** Transfer to a skillet or baking dish, top with the Parmigiano, and bake until the top is browned, about 25 minutes. Serve hot with crostini and vegetables.

\*If available, substitute 1 tablespoon preserved lemon paste