

Spinach and Artichoke Squares

- 1 cup grilled marinated artichoke hearts, chopped*
- 2 cups spinach, chopped
- 1 cup shredded raw milk cheddar cheese (or Asiago)
- ¼ cup grated fresh Parmesan cheese
- ¼ tsp Salt
- 1 tsp Pepper
- ½ tsp Garlic powder
- 1 cup almond flour
- 2 eggs

Oven at 350°



*My favorite is Trader Joe's grilled and marinated jar of artichokes (the 'grilled' gives extra flavor).

1. Combine the first seven ingredients in a bowl: artichokes (do not drain the oil that comes along with the artichokes you chop- add 1-2 tsp of extra oil), spinach, cheese and seasonings, and mix well.
2. In a separate bowl mix eggs and almond flour until smooth; add to the first bowl and continue to mix.
3. Place in a casserole dish.
4. Bake for 25-30 minutes. Let it rest for 5-10 minutes then slice in squares and serve.

Did you know that the power of...?

Almonds, a good source of vitamin E, calcium, iron, magnesium, zinc, selenium, copper and niacin. Almonds help in the development and health of the brain, increase HDL (good) cholesterol, reduce LDL (bad) cholesterol, good for heart health and bones. Helps to regulate blood pressure, is an anti-inflammatory, and strengthens the immune system.

Artichokes contain fiber, vitamin C and magnesium. Benefits include lowering blood sugar, blood pressure, prevents inflammation and helps to reduce cholesterol levels.

Eggs do have many health benefits: lower bad cholesterol, increase cognitive function, protect the heart, detoxify the body, prevent eye disease, prevent certain cancers and help with proper growth and development.

Garlic, rich in allicin prevents bad cholesterol from oxidizing. It helps fight heart ailments, colds, cough and lowers blood pressure. Garlic has antiviral, antifungal and antibiotic properties; it can clear up most intestinal problems. Rich in selenium, quercetin and vitamin C all help treat eye infections and swelling.

Parmesan Cheese is high in protein, but not casein which makes this cheese easier to digest and virtually no lactose. Packed with magnesium, phosphorus and even some omega-3, and Vitamin K2. This helps to inhibit calcification of arteries, improve bone and muscle health and reduce the risk of osteoarthritis.

Spinach is rich in water-soluble vitamins (B2, B6, folate), fat-soluble vitamins (A, E, K), minerals (calcium, potassium, manganese copper), and a wide variety of phytonutrients providing anti-inflammatory support.