

Boursin and Yogurt Artichoke Gratin

10-12 servings as an appetizer



French and American gratins, pronounced “Grawh-tAHn”, range from dense, cheesy and cream-laden to light dishes made simply with a béchamel sauce. This artichoke gratin, satisfyingly filling yet not overly cheesy works well as a dip or topping for a tartine (open-faced sandwich).

The French cheeses used, Boursin and Gruyère, are commonly available in U.S. grocery stores. The unusual gratin ingredient is the Greek yogurt as a complementary creamy element. It also adds a hint of acidity that balances the sweetness of the artichoke hearts.

Yogurt is a source of B-6 and B-12 vitamins, vitamin D, potassium but Greek yogurt offers more protein, a more diverse probiotic profile and is thicker and creamier than most regular yogurt.

Ingredients

- 4 ounces of low-fat cream cheese, softened
- 5.2 ounces (150 grams) herbed boursin cheese, softened (*see substitutes below*)
- 4 ounces gruyère (about 1 ½ cups shredded), divided (*see substitutes below*)
- 2 (14-ounce) cans artichoke hearts, drained
- 1 cup low-fat Greek plain yogurt
- ⅛ teaspoon cayenne or ¼ teaspoon esepete (*just a soupçon or hint of heat*)

Steps

1. Preheat oven to 400°F and adjust a rack to the middle position.
2. Place the cream cheese and boursin cheese in a mixing bowl.
3. Shred the gruyère and add all but ½ cup to the bowl.
4. Drain the artichokes. Squeeze each artichoke by hand to remove liquid (it’s okay to squeeze hard) and break them apart as you add them to the bowl.
5. Add the yogurt and cayenne and use a large spoon to mix the ingredients.
6. Spread mixture in an 8x8” baking dish or gratin dish. Sprinkle on the remaining gruyère and place in oven. Bake for 15 minutes or until bubbling. Turn on the broiler for 2-3 minutes to create a lovely, cheesy crust. Serve hot or warm (see serving ideas below).

Substitution and taste notes options:

Salt: This is not a missing ingredient! There is no added salt because ingredients have enough added sodium to enhance flavors and balance the taste profile.

Yogurt: Greek yogurt adds tang and a thicker texture than typical yogurt. Often artichoke gratins or dips use lemon juice or zest for a fresh tang, but Greek yogurt does double duty.

Boursin: This soft cow-milk French cheese is often made with parsley, chives, white pepper and garlic. Or add these ingredients to a soft-style goat cheese.

Gruyère: A cow-milk cheese that melts well with nutty flavors. Can be replaced by other cheeses that melt well like fontina and have mild flavors. Strong flavored-cheese like cheddar overwhelm the artichoke and herb notes.