

Hot Artichoke Dip

14 oz can artichoke hearts, water-packed
1 cup lite mayonnaise
1 cup grated Parmesan cheese (fresh)
¼ tsp garlic powder
½ tsp lemon juice
Dash of Tabasco® sauce
Non-stick cooking spray
Paprika (to suit)

Yields 2 cups (8 servings)

Nutrient Value (¼ cup serving)

Calories: 119
Carbohydrate: 7 g
Protein: 6 g
Saturated Fat: 3 g
Fiber: 2 g

1. Preheat oven to 350° F.
2. Drain and chop artichoke hearts.
3. Mix all ingredients in large bowl.
4. Spray pie plate with non-stick cooking spray.
5. Put mixture into pie plate, already lined with non-stick cooking spray.
6. Bake for 25 minutes.
7. Sprinkle paprika on top for appearance.

Nutrition Center
UI College of Public Health
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