



ARTICHOKE DIP

Ingredients:

1 garlic clove
1/2 cup Parmesan cheese
1 tbsp lemon juice
12 oz frozen artichoke hearts
1/3 cup low fat mayonnaise with
olive oil
1/4 cup light cream cheese

Directions:

Preheat oven to 400 degrees.
Add all ingredients in food
processor and chop until
smooth. Add mixture in
baking dish, add additional
cheese on top, and bake for 20
minutes.

Nutrition Facts Per Serving:

Calories: 120
Protein: 6g
Carbohydrates: 22g
Fiber: 3g