

Creamy Artichoke Dip

Serve with Pecorino-Black Pepper Breadsticks and raw veggie dippers. To make this the night before, combine dip ingredients, spoon into the baking dish, cover, and refrigerate. Let stand at room temperature for 30 minutes before baking.

Yield:

6 servings (serving size: about 1/3 cup)

Ingredients:

1/2 cup (4 ounces) block-style fat-free cream cheese, softened
1/4 cup reduced-fat mayonnaise
3 tablespoons grated fresh Parmesan cheese
2 teaspoons minced garlic
2 teaspoons fresh lemon juice
1/2 teaspoon hot pepper sauce (such as Tabasco)
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
2 (9-ounce) packages frozen artichoke hearts (about 2 cups), thawed and chopped
Cooking spray

Preparation:

Preheat oven to 350°.

Combine the first 8 ingredients in a large bowl; stir until well blended. Stir in artichoke hearts. Spoon artichoke mixture into an 8-inch square baking dish coated with cooking spray. Bake at 350° for 30 minutes or until artichoke mixture is hot and begins to brown. Serve warm.

Nutrition Information:

CALORIES: 72 (30 % from fat)
FAT: 2.4 g (sat: 0.8 g, mono: 0.2 g, poly: 0.0 g)
CARBOHYDRATE: 8.3 g
FIBER: 4.1 g
CALCIUM: 129 mg
CHOLESTEROL: 5 mg
IRON: 0.5 mg
PROTEIN: 5.7 g
SODIUM: 352 mg

Serve with Pecorino-Black Pepper Breadsticks. To make this the night before, combine dip