Fit & Flavorful
Artichoke Dip
Recipe by Executive Chef Mark Beland

Calories: 119   Protein: 8g   Carbohydrates: 16g   Total Fat: 3.5g
Saturated Fat: 2g   Unsaturated Fat: 1.5g   Trans Fat: 0g
Cholesterol: 10mg   Sodium: 173mg
Fiber: 6g

Yield: 8 servings

Mayo Clinic Exchange: 1 vegetable, ½ fat, 1 carbohydrate

Ingredients

2 cups artichoke hearts
1 tablespoon black pepper
4 cups spinach, chopped
1 tsp thyme, minced
2 cloves garlic, minced
1 tablespoon parsley, minced
1 cup prepared white beans
2 tablespoon parmesan cheese
½ cup low-fat sour cream
Preparation

Mix all ingredients together. Put in glass or ceramic dish and bake at 350 degrees for 30 minutes. Serve with whole grain bread, crackers, or vegetables.