

Artichoke and Parmesan Spread

Artichoke hearts and fresh Parmesan cheese are combined with low-fat mayonnaise, garlic and lemon zest to create a rich tasting, low-fat dip.



This classic spread maintains its rich flavor with far less of the usual fat. Serve with cut-up pieces of whole-wheat pita or whole-grain crackers.

Ingredients:

1 can (14 oz.) artichoke hearts, drained
1 cup freshly grated Parmesan cheese
1/4 cup reduced-fat mayonnaise
2 cloves garlic, finely chopped
1 tsp freshly grated lemon zest
Dash of cayenne pepper
Salt and freshly ground pepper to taste

Preparation:

Preheat oven to 400 degrees F. Place artichoke hearts in the center of a clean kitchen towel; gather up the ends and twist firmly to extract all the moisture.

Combine the artichokes, 1 cup Parmesan cheese (all but 1 T), mayonnaise, garlic, lemon zest and cayenne pepper in a food processor. Process until smooth, scraping down the sides of the bowl. Season with salt and black pepper.

Spread the mixture in an even layer in a small ovenproof gratin dish. Sprinkle with the remaining 1 T Parmesan cheese and bake until the top is golden, about 15 minutes. Serve warm.

Nutrition Facts

Yield 20 tablespoons

Amount Per Serving

Calories 31 g

Fat 2 g

Saturated fat 1 g

Protein 0.7 g

Carbs 2.5 g

Fiber 1 g

Sodium 109 mg

Cholesterol 3 mg

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