

Artichoke and Parmesan Spread

This classic spread maintains its rich flavor with far less fat. Serve with cut-up pieces of whole-wheat pita or wholegrain 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
- 5 T lime juice
- 1/4 cup chopped fresh cilantro
- Salt and pepper to taste

Preparation

1. 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.
2. Combine the artichokes, Parmesan cheese (all but one 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.
3. Spread the mixture in an even layer in a small ovenproof gratin dish. Sprinkle with the remaining tablespoon of Parmesan cheese and bake until the top is golden, about 15 minutes. Serve warm.

Yield: about 20 servings, 1 T each



Nutrition Facts

Yield 20 servings

Amount Per Serving

Calories 31

Fat 2g

Cholesterol 3mg

Carbohydrate 2.5g

Dietary Fiber 1g

Protein 0.7g

Sodium 109mg

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