

Creamy Artichoke Dip

Forget the mayo and use cottage cheese instead to make this delicious, low-fat artichoke dip.



You don't need mayonnaise or sour cream to make a rich-tasting dip. Use cottage cheese and milk to create this delicious, low-fat version. The artichoke even provides some fiber.

Ingredients:

- 1 cup canned water-packed artichoke hearts, drained
- 1/2 tsp onion powder
- 1 cup fat-free or 1 percent cottage cheese
- 2-3 T fat-free milk
- 1/4 cup diced sweet onion

Preparation:

Blend all ingredients in blender or food processor until smooth. Chill before serving. As a variation, try substituting low-fat or non-fat sour cream for the cottage cheese and milk.

Nutrition Facts

Yield 4 half-cup servings

Amount Per Serving

Calories 72

Fat .5 g

Protein 8.5 g

Carbs 7.5 g

Fiber 2.5 g

Sodium 272 mg

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