



Hot Artichoke Dip

Yield: 12 servings (about 4½ cups)

Ingredients:

- 2 9-ounce cartons frozen artichoke hearts
- ¾ cup mayonnaise
- ¾ cup sour cream
- ¾ cup grated Romano cheese
- ¾ cup coarsely chopped walnuts
- 5 tablespoons chopped fresh tarragon (or 5 teaspoons dried)

Procedure:

Prepare artichoke hearts according to package directions. Allow to cool. Combine all ingredients and place mixture into a 1½-quart casserole. Bake at 350 F for 30 minutes or until dip is heated through.

Serve with a colorful assortment of fresh vegetables and a variety of crackers.

about 225 calories and 21 grams of fat per serving (6 tablespoons)

Artichokes are a good source of fiber, vitamin C, magnesium and folate. By substituting light sour cream and

eliminating the walnuts, a serving drops to 165 calories and 15 grams of fat.

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