

Artichoke Dip

“The buffet isn’t complete without a few good dips. This one is fat-free yet tastes just like full-fat. Serve with raw vegetables, whole grain crackers, or whole wheat pita triangles”.

INGREDIENTS:

- 1 (14-ounce) can water-packed artichoke hearts, drained, finely chopped, and squeezed through strainer to remove excess fluid
- 3/4 cup fat-free cream cheese
- 1 clove garlic, minced
- 1/4 cup fat-free mayonnaise
- 1/4 teaspoon freshly ground white pepper
- salt substitute, to taste

DIRECTIONS:

- In a medium bowl, blend all ingredients.
- Combine a third of the mixture in a blender. Return to bowl and combine with mixed ingredients. Serve immediately and refrigerate before serving (makes 9 servings of 3 ounces each).

The Food and Mood Cookbook by Elizabeth Somer: page 37

