



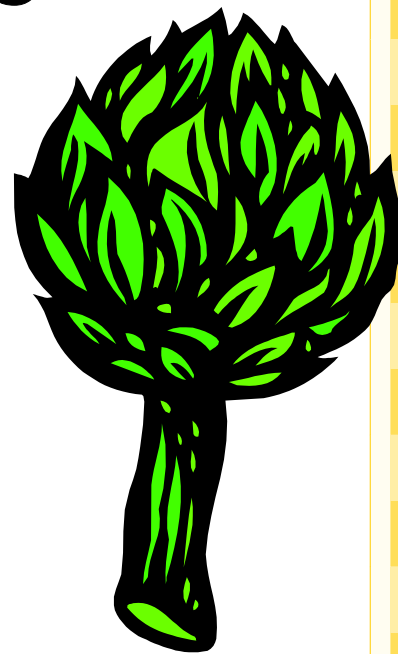
Artichoke Parmesan Dip

*By Joanne Berti
House 6*

Serve this party favorite with pepper strips, cucumber rounds, celery sticks, or low-carb fiber crackers.

INGREDIENTS

- 1 can (13 1/2 ounces) artichoke hearts
- 1 cup mayonnaise
- 1 cup grated Parmesan cheese
- 1 clove garlic, crushed, or 1 teaspoon of jarred, chopped garlic
- Paprika (optional)



Instructions

1. Preheat the oven to 325°F.
2. Drain and chop the artichoke hearts.
3. Mix the artichoke hearts with the mayonnaise, cheese, and garlic, combining well.
4. Put the mixture in a small, oven-proof casserole, sprinkle a little paprika on top, and bake for 45 minutes.

Yield: 4 servings. Each with 3 grams of carbohydrates and 1 gram of fiber. For a total of 2 grams of usable carbs and 10 grams of protein.

