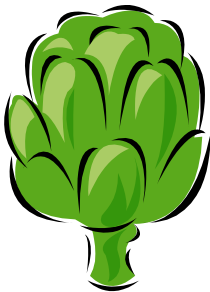


# SPINACH ARTICHOKE Dip



*This is a great, equally yummy version of the previous recipe, but keep in mind that it does make twice as much dip.*

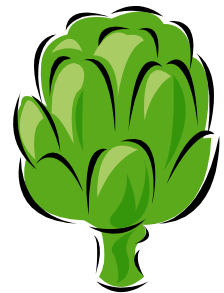
## INGREDIENTS



- 1 can (13 ½ ounces) artichoke hearts
- 1 package frozen chopped spinach (10 ounces), thawed
- 2 cups mayonnaise
- 2 cups grated Parmesan cheese
- 2 cloves garlic, crushed, or 2 teaspoons jarred, chopped garlic
- Paprika (optional)



## DIRECTIONS



1. Drain and chop the artichoke hearts.
2. Combine the spinach, mayonnaise, cheese, and garlic in a large casserole (a 6-cup dish is about right). Sprinkle with paprika.



**Yield:**  
8 servings, each with 4 grams of carbohydrates and 2 grams of fiber, for a total of 2 grams of usable carbs and 20 grams of protein.

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