

Spinach Artichoke Heart Dip

Yield: 3 cups

Ingredients:

5 ounces fresh spinach, rinsed and stemmed
2 garlic cloves, pressed or minced
1- 15 ounce can cannelloni beans, drained and rinsed
1 cup chopped scallions (rinsed)
2 tablespoons chopped fresh basil
3 tablespoons fresh lemon juice
5-6 artichoke hearts or bottoms, minced (15 oz. can)
Dash of salt and pepper to taste



Directions:

1. Steam the spinach until just wilted, 2-3 minutes. Drain.
2. In a food processor, puree' the spinach, garlic, beans, scallions, basil and 2 tablespoons of lemon juice until smooth.
3. Fold in the minced artichoke and add the rest of the lemon juice.
4. Add salt and pepper.
5. Serve chilled or at room temperature.

Nutrition Facts per 1.5 ounce serving:

26 calories

1.8 grams of Protein

0.1 gram of Fat

5.3 grams of Carbohydrate

Recipe adapted from Moosewood Restaurant Low-fat Favorites 1996 Potter publishing

Rockland County Department of Health

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