



### **Light Artichoke Dip**

1 15-ounce can artichoke hearts in water, rinsed and drained  
3/4 cup cannellini beans, rinsed and drained  
1/4 cup chopped frozen spinach, thawed and drained well  
2 tablespoons grated Parmesan cheese  
2 tablespoons reduced-fat sour cream  
2 tablespoons part-skim ricotta  
1/2 teaspoon olive oil  
1/8 teaspoon garlic powder

Preheat oven to 350 degrees. Combine all ingredients in a food processor and pulse until it reaches the consistency of bean dip.

Spread mixture in a shallow 8-inch ovenproof serving dish and bake until bubbling, about 30 minutes. Serve warm with pita chips or cut veggies. Makes 6 servings.

Nutrition information per serving: 68 calories, 5 grams protein, 9 grams carbohydrate, 2 grams fat.