Classic Baked Artichoke Dip

**ingredients**

- ½ cup reduced-fat mayonnaise
- ¼ cup grated fresh Parmesan cheese
- ¼ cup finely chopped celery
- ¼ cup finely chopped onion
- 2 Tbsp. minced parsley
- 1 tsp. garlic powder
- ½ tsp. fresh-ground black pepper
- ½ tsp. salt
- Pinch ground red pepper (not included in nutritional analysis)
- 1 (14-oz.) can artichoke hearts, drained and chopped
- 12 oz. fat-free cream cheese
- 4 oz. reduced-fat cream cheese

**preparation**

- 28 servings (3½ cups)
- **Serving size:** 2 Tbsp.
- **Preparation time:** 15 minutes
- **Cooking time:** 30 minutes

1. Preheat the oven to 350°F. Coat a 2-quart casserole dish with cooking spray. In a large bowl, combine all the ingredients, and stir until well blended.
2. Spoon the mixture into the prepared dish, and bake for 30 minutes.

**nutrition**

Nutrition facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 45</td>
</tr>
<tr>
<td>Calories From Fat 20</td>
</tr>
<tr>
<td>Total Fat 2.5 g</td>
</tr>
<tr>
<td>Saturated Fat 0.9 g</td>
</tr>
<tr>
<td>Trans Fat 0 g</td>
</tr>
<tr>
<td>Cholesterol 5 mg</td>
</tr>
<tr>
<td>Sodium 215 mg</td>
</tr>
<tr>
<td>Total Carbohydrate 2 g</td>
</tr>
<tr>
<td>Dietary Fiber 0 g</td>
</tr>
<tr>
<td>Sugars 1 g</td>
</tr>
<tr>
<td>Protein 2 g</td>
</tr>
</tbody>
</table>
Classic Hummus

ingredients

1 (15 oz.) can chickpeas, drained
3 Tbsp. sesame tahini
2 Tbsp. olive oil
4 garlic cloves, chopped
Juice of 1 lemon
Kosher salt and fresh-ground black pepper to taste

preparation

6 servings
Makes 1½ cups
Serving size: ¼ cup
Preparation time: 10 minute

1. In a food processor or blender, combine all ingredients and blend until smooth but thick. Add water if necessary.
2. Store in a covered container for up to 5 days.

nutrition

Nutrition facts
Carbohydrate exchanges 1
High-fat meat exchanges 1
Amount per serving
Calories 155
Calories From Fat 90
Total Fat 10 g
Saturated Fat 1.5 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 80 mg (without added salt)
Total Carbohydrate 14 g
Dietary Fiber 4 g
Sugars 2 g
Protein 5 g