



## Creamy artichoke dip

MAKES 1½ CUPS | 1 HOUR

Get into the spirit of artichoke season by revisiting artichoke dip, that 1960s classic. This one starts with freshly cooked artichoke hearts, then adds parmesan, parsley, lemon, and garlic for flavor. Serve with crackers, crostini, or crudités.

**2 artichokes**

**1 pkg. (8 oz.) cream cheese**

**½ cup finely shredded parmesan cheese**

**1 tbsp. chopped flat-leaf parsley**

**2 tsp. lemon juice**

**½ tsp. each salt and pepper**

**¼ tsp. lemon zest**

**1 small garlic clove, finely chopped**

- 1. Cut** stems at base of artichokes, then snap off all the leaves, cut hearts in half lengthwise, and scrape away the chokes, leaving just the heart.
- 2. Meanwhile**, bring a pot of salted water to a boil. Add artichoke hearts, reduce heat, and simmer, covered, until tender when pierced with a sharp knife, 20 to 30 minutes. Drain and let cool.
- 3. Whirl** all the ingredients together in a food processor until mixture is blended and artichokes break into small pieces.

**PER 2-TBSP. SERVING** 40 CAL., 83% (33 CAL.) FROM FAT; 1.3 G PROTEIN; 3.7 G FAT (2 G SAT.); 0.7 G CARBO (0.2 G FIBER); 108 MG SODIUM; 11 MG CHOL.