

## Artichoke Spinach Dip Recipe

- ◆ 1 can artichoke hearts, drained & chopped
- ◆ 1 1/4 cup low fat mayo dressing
- ◆ 1/2 cup chopped water chestnuts
- ◆ 1 cup finely chopped spinach leaves
- ◆ 1 cup low fat sour cream
- ◆ 1 1/2 cup low fat shredded parmesan cheese
- ◆ 3 tablespoons Knorr dry vegetable mix
- ◆ 2 teaspoons dry onion soup mix
- ◆ 2 tablespoons Italian seasoned bread crumbs

Set aside 1/4 cup shredded cheese and the bread crumbs.

Combine ingredients in a mixing bowl and mix well. Place the mixture into an oven-safe quiche dish. Smooth out the mixture and sprinkle with the reserved cheese and bread crumbs

Bake in 350 degree oven for 30 minutes. Allow to cool slightly and then, **DIG IN!**

Recipe courtesy of [BlimpyGirl.com](http://BlimpyGirl.com)



ARTICHOKE  
SPINACH  
DIP