

## 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