



Artichoke Dip

3, 16-oz. Cans Artichoke Hearts (in water)
2 cups Plain Nonfat Yogurt
2 cups Lite Mayonnaise
1 ½ cups Parmesan Cheese, grated
Dash Paprika

Drain and mash artichoke hearts with a fork. Stir all ingredients together (except paprika) in an oven-proof bowl or casserole dish. Sprinkle paprika on top. Bake at 350 degrees for 30-35 minutes or until golden brown and bubbly.

Serve with Pita Chips, Whole Wheat Crackers, Rice Cakes, or Raw Vegetables.