



Artichoke-Scallion Dip with Herbs

Makes 1 cup

1 can (14oz.) artichoke hearts packed in water, drained well
2 scallions (green onions), thinly sliced
Lemon juice (to taste)
½ teaspoon dried thyme
½ teaspoon dried basil
2 Tablespoons low fat mayonnaise
2 Tablespoons nonfat plain yogurt (or sour cream)
1- 2 teaspoons spicy mustard
Salt to taste

- In a food processor or blender, puree all of the ingredients until smooth and creamy.
- Spoon the mixture into a serving dish.
- Chill for at least 1 hour before serving.
- Garnish with parsley. (Can be made 1 day in advance).

Nutritional Information (per tablespoon):

Calories: 32
Total Fat: 0g
Saturated fat: 0g
Carbohydrate: 6g
Fiber: 2g
Protein: 2g

Recipe adapted from *American Institute for Cancer Research*