

Artichoke Dip II

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St Elizabeth Ann Seton Life Teen Youth Ministry

1 large can artichoke hearts, drained, finely chopped
1 cup Parmesan cheese, shredded
1/2 to one cup mayonnaise
1 teaspoon garlic powder
1 to 2 tablespoons Worcestershire sauce
Tabasco sauce (to taste)
1 teaspoon dried parsley (for garnish)

Preheat the oven to 350 degrees.

In an ovenproof dish, blend the artichokes, Parmesan, mayonnaise, garlic powder, Worcestershire and Tabasco.

Heat in oven until bubbly.

Serve with crackers.

Per Serving (excluding unknown items): 1216 Calories; 118g Fat (82.8% calories from fat); 38g Protein; 17g Carbohydrate; 5g Dietary Fiber; 101mg Cholesterol; 2342mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 9 1/2 Fat; 0 Other Carbohydrates.