

Artichoke Dip

Barbara Aiello - Port St Lucie, FL

*1 can (14 - 16 ounce)
artichoke hearts in water,
well drained, finely chopped
1 cup mayonnaise
1 cup Parmesan cheese,
shredded
dash garlic*

Preheat oven to 350 degrees.

In an ovenproof bowl, blend the artichokes, mayonnaise, Parmesan and garlic.

Heat in the oven until hot and bubbly.

You may use a blender to chop the artichokes.

Per Serving (excluding unknown items): 1942 Calories; 211g Fat (92.5% calories from fat); 36g Protein; 3g Carbohydrate; 0g Dietary Fiber; 140mg Cholesterol; 2740mg Sodium. Exchanges: 4 1/2 Lean Meat; 17 1/2 Fat.