

## Hot Artichoke Parmesan Spread

Makes 1-1/2 cups

Prep time 5 minutes

1 14-oz can artichoke hearts, drained  
1 cup plus 1 Tbsp. Parmesan cheese  
¼ cup reduced fat mayonnaise\*\*  
1 clove garlic, finely minced  
1 tsp. grated lemon zest  
dash of cayenne pepper  
salt & freshly ground pepper to taste

Preheat oven to 400 F. Place artichoke hearts in the center of a clean kitchen towel; gather up the ends and twist firmly to extract all the moisture. In a food processor or blender, combine artichokes, mayonnaise, garlic, cayenne pepper and lemon zest. Process until smooth. Season with salt and pepper. Spread the mixture in an even layer in a small ovenproof casserole dish. Sprinkle with the remaining 1 Tbsp. of Parmesan cheese and bake 15 minutes, or until top is golden. Serve warm on pita crisps or toasted French bread.

Per Tbsp: 35 calories, 2 g protein, 2 g fat, 2 g carbohydrate

\*\*Option: to further reduce calories and fat, may be made with fat free mayonnaise