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Warm Artichoke and Salsa Dip

Select a green salsa with a heat level that will satisfy you.

START TO FINISH: 15 MINUTES

- 1 12-oz. jar or two 6-oz. jars marinated artichoke hearts
- $\frac{1}{3}$ cup sliced green onion
- 2 Tbsp. bottled green salsa
- $\frac{1}{2}$ cup shredded Monterey Jack or white cheddar cheese (2 oz.)
- $\frac{1}{4}$ cup dairy sour cream
- $\frac{1}{4}$ cup snipped fresh cilantro

1. Drain artichokes; discarding marinade. Coarsely chop artichoke hearts. In a small saucepan combine chopped artichoke hearts, green onion, and salsa. Cook over medium heat until heated through, stirring frequently. Remove from heat. Stir in cheese, sour cream, and cilantro. Serve immediately. Makes $1\frac{1}{2}$ cups (six $\frac{1}{4}$ -cup servings).

EACH SERVING: 144 cal., 13 g total fat (5 g sat. fat), 12 mg chol., 256 mg sodium, 5 g carbo., 0 g dietary fiber, 3 g protein. Daily Values: 7% vit. A, 14% vit. C, 9% calcium, 1% iron.

HEART OF THE MATTER

Drain marinated artichoke hearts well, but don't rinse them before using them.

- Sliver artichoke hearts and toss them over roasted fish, or into couscous or pasta.
- Chop them and stir into creamy soups.
- Crush artichoke hearts with black olives and parsley for a spread or topping.
- Stuff quartered artichoke hearts and chopped garlic inside a pork chop.
- Roll artichoke hearts with pas-trami for a simple hors d'oeuvre.

