

HOT ARTICHOKE & SPINACH DIP

Prep time: 15 minutes • Bake time: 20-25 minutes

This updated classic uses creamed spinach to create the tastiest, creamiest hot dip ever!

- 1 jar (6 ounces) ^{185g} marinated artichoke hearts, drained and coarsely chopped
- 1 package (9-11 ounces) ^{240g} frozen creamed spinach, thawed ^{시금치 잘게 다져 냉동해놓은 것}
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 small garlic clove, pressed
- 1/2 cup (2 ounces) grated fresh Parmesan cheese
- Diced red bell pepper (optional)
- Baked Pita Chips* (recipe follows)

- 1. Preheat oven to ^{190°}375°F. Coarsely chop artichokes using Food Chopper; place in Small Batter Bowl. Add spinach, mayonnaise and sour cream.
- 2. Press garlic into batter bowl using Garlic Press. Grate Parmesan cheese into batter bowl using Deluxe Cheese Grater; mix well. Spoon into Small Oval Baker.
- 3. Bake 20-25 minutes or until heated through. Garnish with bell pepper, if desired. Serve with *Baked Pita Chips*.

Yield: 2 cups (16 servings)

Nutrients per serving (2 tablespoons dip): Calories 60, Total Fat 5 g, Saturated Fat 1.5 g, Cholesterol 5 mg, Carbohydrate 2 g, Protein 2 g, Sodium 190 mg, Fiber less than 1 g

Diabetic exchanges per serving (2 tablespoons dip): 1 vegetable, 1 fat (0 carb)

COOK'S TIPS

- To thaw creamed spinach, cut a small slit in the center of the pouch. Microwave on 30% power 3 minutes or until thawed.
- The Small Oval Baker is ideal for keeping hot dips and spreads warm while you and your guests enjoy the party.
- When purchasing pita bread, be sure to buy pita bread rounds that have pockets so they can be split in half.
- Use the Pizza Cutter to quickly and easily cut the pita rounds into even wedges.

BAKED PITA CHIPS

Prep time: 5 minutes • Bake time: 8-10 minutes per batch

Serve these light, crispy chips as dippers for warm, cheesy dips.

- 6 whole pita pocket bread rounds
- 1. Preheat oven to 400°F. Split each pita pocket in half horizontally; cut each round into eight wedges. Arrange half of the pita wedges in a single layer on Large Round Stone.

- 2. Bake 8-10 minutes or until chips are lightly browned and crisp. Remove from baking stone; cool completely. Repeat with remaining pita wedges.

Yield: 96 pita chips (12 servings)

Low Fat Nutrients per serving (8 chips): Calories 80, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 17 g, Protein 3 g, Sodium 160 mg, Fiber less than 1 g

Diabetic exchanges per serving (8 chips): 1 starch (1 carb)

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• 믹서나 그라탕그릇에 넣어 oven에 굽는다.

• 접시에 보무리자. 달걀알도 크래커 내리 위에 토포해서 먹는다



