

Naughty ✨r Nice Challenge – Artichoke Dip

Take the Naughty or Nice Challenge by trying two versions of an artichoke holiday appetizer. You be the judge!

Naughty Calorie-Bomb Artichoke Dip

3 6-ounce jars of marinated artichoke hearts, drained and coarsely chopped
¾ cup mayonnaise
½ cup freshly grated Parmesan cheese
½ cup part-skim mozzarella cheese
Minced garlic to taste
Multi-grain tortilla or pita chips

Preheat oven to 350 degrees. Combine artichoke hearts, mayonnaise, mozzarella cheese, Parmesan cheese, and minced garlic. Place in 1½ quart baking dish and bake for 30 minutes. Serve with multi-grain chips.

Yield: 3 cups (12 servings)

¼ cup dip with ½ ounce chips: 229 calories • 19g fat • 4g saturated fat • 4mg cholesterol • 356mg sodium

Nice Healthy, Irresistible, Taste Sensation Artichoke Dip

2 8-ounce cans of water packed artichoke hearts, drained, rinsed and chopped
½ cup reduced-fat mayonnaise
¼ cup non-fat Greek yogurt
¼ cup freshly grated Parmesan cheese
½ cup part-skim mozzarella cheese
Minced garlic to taste
Fresh cut vegetables or multi-grain pita or tortilla chips

Preheat oven to 350 degrees. Combine artichoke hearts, mayonnaise, yogurt, mozzarella cheese, Parmesan cheese, and minced garlic. Place in 1½ quart baking dish and bake for 30 minutes. Serve with favorite raw veggies or multi-grain chips.

Yield: 3 cups (12 servings)

¼ cup dip with raw veggies: 74 calories • 3g fat • 1g sat. fat • 4mg cholesterol • 269mg sodium

Holiday parties can be an invitation to overeating, unless you are armed with culinary tips and tricks from registered dietitian nutritionist, **Cindy Kleckner, RDN, LD, FAND, 214-293-5306** ckleck@aol.com. **Sign up for consultations today!**