

# Recipe of the Week

## Killer Artichoke Dip

"We've updated with low fat cream cheese, light mayonnaise and low fat sour cream. This dip can be prepared a day ahead, covered and chilled. Bake just before serving and enjoy piping hot with thinly sliced toasted baguette or crackers.

Makes about 4 cups

### Ingredients

1 package (8 ounce) reduced fat Neufchâtel cream cheese  
1/2 cup light canola or safflower mayonnaise  
1/2 cup low fat sour cream  
1/2 cup grated Parmesan cheese  
3 cloves garlic, or to taste  
3 cups shredded part-skim mozzarella cheese  
Freshly ground black pepper  
Pinch of cayenne pepper (optional)  
1 (12 ounce) jar marinated artichoke hearts, drained and roughly chopped  
1 small onion, diced



### Method

Preheat oven to 350°F. In the bowl of a food processor, place the cream cheese, mayonnaise, sour cream, Parmesan cheese and garlic. Purée until all ingredients are combined. Add mozzarella cheese, black pepper and cayenne, pulsing just until combined. Add artichoke hearts and pulse again just until combined. Transfer mixture to a bowl and stir in the onion.

Bake in a 9-inch square glass baking dish for 40 to 45 minutes, until bubbly and browned. Serve immediately.

### Nutrition

Per serving (About 1/4 cup/79g-wt.): 160 calories (100 from fat), 11g total fat, 5g saturated fat, 9g protein, 6g total carbohydrate (less than 1g dietary fiber, 1g sugar), 30mg cholesterol, 300mg sodium <http://www.wholefoodsmarket.com/recipes/169>

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