

# Warm Artichoke and Salsa Dip

Makes: 1-1/2 cups (six 1/4-cup servings)

Start to Finish: 15 minutes

## ingredients

- 1** 12-ounce jar or 2 6-ounce jars marinated artichoke hearts
- 1/3** cup sliced green onion
- 2** tablespoons bottled green salsa
- 1/2** cup shredded Monterey Jack or white cheddar cheese (2 oz.)
- 1/4** cup dairy sour cream
- 1/4** cup snipped fresh cilantro



## directions

- 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 1-1/2 cups (six 1/4-cup servings).

## nutrition facts

Servings Per Recipe 1-1/2 cups (six 1/4-cup servings)  
Calories 144 Total Fat (g) 13 Saturated Fat (g) 5, Monounsaturated Fat (g) 7, Polyunsaturated Fat (g) 16, Cholesterol (mg) 12, Sodium (mg) 256, Carbohydrate (g) 5, Total Sugar (g) 0, Fiber (g) 0, Protein (g) 3, Vitamin C (DV%) 14, Calcium (DV%) 9, Iron (DV%) 1, Percent Daily Values are based on a 2,000 calorie diet

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