

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Artichoke Spinach Dip

Makes about 4 cups

Ingredients:

3 tablespoons oil or butter
½ cup minced onion
2-3 teaspoons minced garlic
¼ cup flour
2 ½ cups 1% **or** skim milk
1 (15-oz) can artichoke hearts, drained and chopped
1 package (10 oz) frozen spinach, thawed and squeezed to remove liquid
¼ cup grated Parmesan cheese
½ tsp salt
½ teaspoon Old Bay Seasoning®
¼ tsp pepper

Directions:

In a medium sauce pan, heat butter. Saute onion and garlic for 3 minutes, do not brown. Add flour and cook for 3 minutes over low heat, stirring. Slowly mix in milk with a whisk. Let simmer for 5 minutes. Add remaining ingredients. Simmer another 15 minutes. Serve warm with vegetables or whole grain crackers.

Nutritional Information per 1/3 cup serving:

Calories: 84	Carbohydrates: 7g
Total Fat: 4g	Cholesterol: 13mg
Saturated Fat: 3	Dietary Fiber: 1g
Sodium: 215mg	Protein: 4g