



Artichoke Dip

Modified for Health

Number of Servings: 42

Calories Per Serving: 29

CPF Ratio: 27-26-47

Cooking Instructions

Mix all ingredients, except soft tofu. Blend tofu in food processor until well blended. Stir tofu into other ingredients and mix well. Pour into 8 inch round baking dish and bake at 350 degrees for 45 minutes or until golden brown on top.

Serving Suggestions: Serve with carrots, red and green peppers, and other raw vegetables as a dip, or with bread pieces or wheat crackers, such as Triscuits.

Nutrition Information	
Serving Size: 2 T (26g)	
Servings: 1	
Amount Per Serving	
Calories 29	Calories from Fat 13
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 1g	3%
Cholesterol 2mg	1%
Sodium 107mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 1 g	
Protein 2 g	
Vitamin A 0%	■ Vitamin C 1%
Calcium 4%	■ Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
ARTICHOKE HEARTS	canned & quartered	16 oz	454
GARLIC, RAW	chopped	3 cloves	9
PARMESAN CHEESE	grated	1 cup	100
SALSA, GREEN CHILE	mild	2 tbsp	31
MAYONNAISE, LOWFAT		1/2 cup	136
TOFU, SOFT		12 oz	340
OLIVE OIL		1 tbsp	14
	Recipe Total:		1,084
	Single Serving Total:		26