



Mediterranean Artichoke Dip

INGREDIENTS:

1-14 ½ oz can	artichokes
½ c	coarsely snipped fresh parsley
½ c	coarsely snipped fresh cilantro
½ c	pimiento-stuffed olives, chopped
1 clove	garlic, minced
1 t	Tabasco sauce
To taste	salt
To taste	freshly ground black pepper

PREPARATION:

- In food processor, combine artichokes, parsley, and cilantro.
- Cover and process until finely chopped.
- Transfer mixture to a bowl and stir in olives, garlic, and hot sauce.
- Season with salt and pepper.
- Serve with toasted bread and other assorted dippers.

Number of servings: 12 (2 tablespoons)

Calories per serving: 19

Fat grams per serving: 1

