



Artichokes with Garlic Dip

Recipe Summary:

Preparation Time: 15 minutes
 Number of Servings: 4
 Cups of Fruits and Vegetables Per Person: 0.50

Ingredients:

1 cup plain low-fat yogurt
 1 Tbsp chopped parsley
 1 Tbsp chopped chives
 2 tsp chili sauce
 2 cloves garlic, minced
 1/8 tsp pepper
 4 artichokes (medium), prepared and cooked

Directions:

Combine all ingredients except artichokes; blend well. Refrigerate until serving. Serve with cooked artichokes.

| Nutrition Facts | |
|---|---------------------|
| Artichokes with Garlic Dip | |
| Serving Size 1/4 of recipe | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 5 |
| % Daily Value (DV)* | |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Cholesterol 5mg | 2% |
| Sodium 380mg | 16% |
| Total Carbohydrate 28g | 9% |
| Dietary Fiber 11g | 44% |
| Sugars 9g | |
| Protein 11g | |
| Vitamin A | 8% |
| Vitamin C | 40% |
| Calcium | 20% |
| Iron | 15% |
| * Percent Daily Values are based on a 2,000 calorie diet. | |

Diabetic Exchange**

Fruit: 0
 Vegetables: 4
 Meat: 0
 Milk: 0
 Fat: 0
 Carbs: 0
 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

This material was funded in part by USDA's Food Stamp Program and Expanded Food & Nutrition Education Program (EFNEP). The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Food Stamp office or call 1-800-430-3244.



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