

SPRINGTIME ARTICHOKE DIP WITH PITA CHIPS

Springtime Artichoke Dip with Pita Chips

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 4 chips and 1/4 cup dip)

Nutrition (per serving)

Calories: 79	Total Carbohydrate: 13
Total Fat: 0.5 g	Dietary Fiber: 2 g
Saturated Fat: 0 g	Total Sugars: 2 g
Sodium: 321 mg	Protein: 6 g

Ingredients

Pita Chips:

- 3 loaves whole grain pita bread
- Cooking spray
- ½ Tablespoon ground cumin

Artichoke Dip:

- 1 ½ - 12 ounce cans (~36 pieces) quartered artichoke hearts, rinsed
- 1 cup fresh spinach leaves
- ½ cup low-fat ricotta cheese

- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon salt

- 1 (5.3 ounce) container plain non-fat Greek yogurt
- ¼ large white onion
- 1/3 cup fresh flat leaf parsley, chopped (*see note below*)

- 1 Tablespoon fresh lemon juice
- 1 teaspoon chili powder

- ½ teaspoon paprika
- ½ teaspoon garlic powder

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Cut pita bread loaves in 8ths, then open each wedge and cut through the middle so you have 2 triangles. Place on baking sheet and spray with cooking spray. In a small bowl mix together seasonings. Sprinkle over chips then bake for 7 minutes, flip the chips and bake an additional 3 minutes.
3. Place ingredients for dip into food processor and process until smooth.
4. Garnish with additional ingredients if desired (paprika, etc.). Enjoy with chips.

Note: Dried parsley can be substituted for fresh parsley. Replace 1/3 cup fresh parsley with 1 ¾ Tablespoon dried.