

Artichoke Dip – from Christine Danforth Rainville

The original recipe has been lost in my cupboard somewhere, so from memory:

One jar artichoke hearts

1 cup mayonnaise

1/4 cup Parmesan cheese, grated

Mix, put in bowl, bake at 375 for 20 min.

- I have adapted the recipe to add spinach.
- I also substitute fat-free mayo, but it doesn't taste as good as the real thing.
- I also use artichoke hearts packed in water instead of oil, to lighten the calories.

I just take whatever I feel is good and put it all together and bake. It's kind of "make it up as you go along" type thing. You can add whatever spices, too. It is delicious no matter how you make it. You could probably add other stuff too, if you wanted. Enjoy!