

# Artichokes



## About artichokes

- Artichokes are a good source of folate, magnesium, and vitamin C
- One large artichoke has 6 grams of fiber, or about 1/4 of the amount of fiber we should be eating daily

## Choosing

- Pick an artichoke that feels heavy and firm with tight leaves and green color

## WIC Tip:

- Cook fresh artichokes 5 to 7 days after buying
- Buy canned artichokes for easy meal prep

**This institution is an equal opportunity provider**





# Artichoke Dip

Adapted from <https://thecleaneatingcouple.com/healthy-spinach-artichoke-dip/>

## INGREDIENTS

- 14 oz can of artichoke hearts drained & cut in small pieces
- 5 oz package of frozen spinach, thawed & drained
- 1 cup non fat Greek yogurt
- 1/2 cup small curd cottage cheese
- 1 cup shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

## INSTRUCTIONS

1. Preheat oven to 400 degrees
2. In a bowl, mix all ingredients until well mixed
3. Pour mixture into a 8x8 oven-safe pan
4. Bake for 25 minutes
5. Broil for 1-2 minutes before serving to brown cheese on top
6. Serve with chips or veggies of choice



Makes about 8 servings of 1/2 cup