

Easy Artichoke Dip for Crockpot

1 8 oz. nonfat cream cheese, cubed and softened
1 8 oz. lowfat cream cheese, cubed and softened
1 14oz. can artichoke hearts, drained and chopped
2 large spoonfuls low-fat mayonnaise
1/2 cup parmesan
1/2 cup lowfat, part skim mozzarella
garlic salt to taste

Mix together everything but the artichoke hearts. Heat in microwave for 3-5 minutes, stirring occasionally until non fat cream cheese starts to melt. Mix in artichoke hearts. Place in crockpot on low or high setting, depending on how soon you want to serve. Serve with celery sticks, carrot sticks and/or wedges of bell pepper varieties.

Variations:

Spinach Dip - Replace artichoke hearts with 1 package frozen spinach, thawed and drained.

Artichoke Spinach Dip - Use 8 oz. artichoke hearts and half package frozen spinach.

Sun Dried Tomatoe Dip - Replace artichoke hearts with 1 6oz can sun dried tomatoes in olive oil, drained and chopped or 3/4 cup reconstituted sun dried tomatoes, drained and chopped. To reconstitute, soak tomatoes in very warm water for about 30 minutes. (Tip: Reserve the olive oil or water for use in dressings, soups, stews or sauces. Great flavor!)

(Thanks to Katie Johnson for this recipe!)

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