



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

WARM ARTICHOKE-SHRIMP DIP ***(Southern Living)***

Makes about 4 cups

Serve half of dip first, keeping remaining half warm in a saucepan

- 2 (14-oz) cans artichoke hearts, drained and chopped
- 1 cup freshly grated Parmesan cheese
- $\frac{3}{4}$ cup mayonnaise
- $\frac{1}{2}$ cup fine, dry breadcrumbs
- 2 garlic cloves, minced
- 2 tablespoons lemon juice
- $\frac{1}{2}$ lb peeled, cooked shrimp, chopped

Garnishes: lemon zest; peeled, cooked shrimp

Serve with: pita crackers, breadsticks

Combine artichoke hearts and next 5 ingredients in a large saucepan. Cook over medium heat, stirring often, 4 to 5 minutes or until thoroughly heated.

Stir in shrimp. Transfer to a serving bowl.

Garnish, if desired.

Serve with pita crackers and breadsticks.