

# 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 Fat: 0.5 g

Saturated Fat: 0 g

Sodium: 321 mg

Total Carbohydrate: 13 g

Dietary Fiber: 2 g

Total Sugars: 2 g

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 (5.3 ounce) container plain non-fat Greek yogurt

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

- 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



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- 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.