

Jalapeño Artichoke Dip

Ingredients

- 2 tablespoons of low fat mayo
- 1 pack of low fat cream cheese 8oz (softened or room temp) make sure cream cheese is **soft**, can be microwave for a minute to speed up process.
(Make sure you cover, cream cheese can exploded when heated and make a mess).
- 3/4 pint of fat free sour cream
- 1 can (14 to 15 oz) artichoke hearts, drained, cut into small pieces
(Can also use marinated artichokes)
- 2 tablespoons of chopped pickled jalapenos (taste for heat, add more or less depending on how much heat you like)
- 4oz of white sharp cheddar, grated

Directions

- Heat oven to 350°F.
- Mix all ingredients and a handful of the shredded cheese. Pour in ungreased casserole or Pyrex pie plate, spread the rest of the cheese on top, you can garnish with some diced jalapenos or a sliced fresh one if you like.
- Bake 25 to 30 minutes or until cheese is bubbly hot and starting to turn golden brown.
- Enjoy with Tortilla chips or crackers

Note: This is a gluten free recipe if served with tortilla chips



Variations: You can add fresh baby spinach (chopped) and roasted red peppers (chopped) for a different twist. About 2 TB each.