

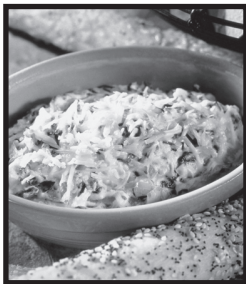
APRIL IS NATIONAL SOYFOODS MONTH

Soy and Spinach Artichoke Dip

Recipes provided by...

Soybeans

Nebraska Soybean Board



Quick Tip...

Extra firm tofu is a great topping on pastas, lasagna and casseroles when breaded and fried.

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INGREDIENTS...

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|--|--|
| 1 lb Silken tofu, crumbled | 1 lb Marinated artichoke hearts, drained, coarsely chopped |
| 1 lb Lowfat cream cheese, cubed | |
| 1 cup Lowfat mayonnaise | 1/2 cup Green onions, chopped |
| 1/2 tsp Ground pepper | Parmesan cheese, grated, for garnish |
| 1 lb Frozen chopped spinach, thawed, drained | |

Beat tofu until smooth; mix in cream cheese, mayonnaise and pepper in mixer bowl. Fold in spinach, artichokes and green onions. Divide mixture equally into 12 (4 oz.) au gratin dishes. Sprinkle Parmesan cheese on top, if desired. Bake at 350°F for 15 to 20 minutes or until bubbly and browned on top.

Serving Suggestion:

Serve with low-carb crackers or bread for an all-around low-carb snack!

Serves 12

Per serving:

| | |
|----------------------|--------|
| Calories: | 62 |
| Protein: | 6.6 g |
| Carbohydrate:..... | 5.7 g |
| Total fat:..... | 1.4 g |
| Cholesterol:..... | 3.9 mg |
| Sodium:..... | 254 mg |
| Dietary Fiber: | 1.5 g |

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