

## Artichoke and Shrimp Dip



**Totals are for ¼ of entire recipe, which is what is shown in the picture:**

Calories 146      Fat 3g      Fiber 1g      Carbs 33g

### ***What you'll need:***

- 1 14 Ounce can artichoke hearts packed in water
- 1 Cup fat free mayonnaise (the 10 calorie per T kind)
- ¾ Cup reduced fat grated Parmesan cheese
- 8 Large Shrimp (cooked and chopped)
- ½ Cup chopped onion

Greek Seasoning (Cavender's is my favorite)

### ***Let's get to cookin'!***

1. Preheat your oven to 350 degrees.
2. Drain your artichoke hearts, chop them up and put them in a bowl for mixing.
3. Add your chopped onion, chopped shrimp, Parmesan cheese, mayo and then stir.
4. Add the Greek Seasoning to taste, but I easily use a full tsp.
5. Once fully stirred place in a baking dish, preferable the one you will serve this in and pat the mixture down till semi-smooth on top.
6. Cook 35 –40 minutes until lightly brown on top.
7. Serve with reduced fat crackers or my Whole Wheat chips (see recipe)

NOTE: This dip is also GREAT stuffed in a bell pepper or portabella mushroom and baked!!!!!!!!!!!!

My husband, Neil, created this **Kitty's Lighter Weigh** recipe!