



Warm Artichoke Parmigiano Spread

When I noticed on Facebook how many people made that Mexican layered bean dip for their Super Bowl Sunday appetizer, I was quite surprised! I mean, that is one old chestnut if there ever was one and one that I have made a lot over the years. I used to make it and take to the beach for a picnic to have as a snack. Always could be counted on to make people happy; it's vegetarian and probably gluten free too! This got me thinking about appetizers I used to make for entertaining and this was one of them...kinda slutty but when I made it for Valentine's Day, we both agreed, it's still a winner! Serve with toasted baguette slices.

Makes Approximately 1 1/3 cups

- 1 (14 oz.) tin artichoke hearts
- 1 cup freshly grated Parmigiano (large grate on a box grater)
- ¼ cup light mayonnaise
- 1 tsp. lemon rind (finely grated on a Microplane)
- 2 Tbsp. freshly squeezed lemon juice (Meyer lemon is great)
- 1 clove garlic, minced
- Pinch each of cayenne, paprika, salt & freshly ground black pepper

Drain the artichokes well & squeeze out as much moisture as possible; set 1 tablespoon of the Parmigiano aside.

Place the artichokes, remaining Parmigiano, mayonnaise, lemon rind & juice in a food processor; process for about 2 minutes, scraping down the sides after 1 minute, until fairly smooth. Stir in the garlic, cayenne, paprika, salt & black pepper & pulse just until combined.

Preheat the oven to 400 F.

Grease or spray with non-stick cooking spray a 2 cup ovenproof serving dish. Place the mixture in the dish, spreading evenly; sprinkle with the reserved cheese. Bake for about 20 minutes or until the edges are golden; serve warm.

Note: You can prepare, cover & refrigerate the spread for up to 8 hours; it may take a few minutes longer to brown around the edges, having been in the fridge.

Phyllis

