

Artichoke Dip

Ingredients

2 cups artichoke hearts	1 cup white beans, prepared
1 T black pepper	2 T parmesan cheese
4 cups chopped spinach	½ cup low-fat sour cream
1 t thyme	
2 cloves garlic, minced	
1 T minced parsley	

Mix all ingredients together. Put in glass or ceramic dish and bake at 350 F for 30 minutes. Serve with whole-grain bread, crackers, or vegetables.

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