



SPINACH AND ARTICHOKE DIP

INGREDIENTS:

1 CAN SPINACH (0548255)
2 CANS CHOPPED ARTICHOKE HEARTS (1411710)
1/2 CUP SOUR CREAM (1545144)
1/2 CUP MAYONNAISE (1402429)
1 CUP GRATED PARMESAN (1533595)
1 1/4 CUP GRATED PEPPERJACK CHEESE
(RESERVE 1/4 CUP FOR DUSTING) (1533504)
FLAT BREAD (1649702)

DIRECTIONS:

PRE-HEAT YOUR CONVECTION OVEN TO 350 DEGREES. GREASE CASSEROLE DISH WITH NONSTICK SPRAY. SQUEEZE LIQUID FROM SPINACH AND CHOP. DRAIN THE ARTICHOKE HEARTS AND COARSELY CHOP. COMBINE ALL THE INGREDIENTS IN A LARGE BOWL AND STIR WELL. PLACE CONTENTS INTO 5OZ RAMEKINS AND DUST THE TOPS WITH PEPPERJACK CHEESE. BAKE FOR 30 MINUTES. TOAST FLAT BREAD UNTIL GOLDEN BROWN AND QUARTER DIAGONALLY.

SERVE ONE RAMEKIN WITH 2 SLICES (QUARTERED) FLAT BREAD.

YIELD 8 - 5OZ RAMEKINS

CHICKEN ARTICHOKE MELT SANDWICH

INGREDIENTS:

CHICKEN BREAST (1620475)
1/2 CUP OF PREPARED ARTICHOKE DIP (SEE ADDI-
TIONAL RECIPE)
SLICED SWISS CHEESE (1532829)
2 SLICES MULTI GRAIN BREAD (1648567)

DIRECTIONS:

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GRILL CHICKEN BREAST, MOVE TO THE FLAT TOP AND PLACE ARTICHOKE DIP AND SWISS CHEESE ON CHICKEN BREAST. COVER TO MELT CHEESE. SERVE ON TOASTED MULTI GRAIN BREAD.

