





Artichokes are a delicious fit for a healthy lifestyle. One large artichoke contains only 25 calories and no fat. Artichokes are a good source of vitamin C, folate, magnesium, potassium and fiber.

## **Nutrition Information**

Artichokes are part of the vegetable group. Foods from the vegetable group provide important nutrients like vitamin A, vitamin C, potassium and fiber.

Based on MyPyramid, ½ cup of artichokes provides ½ cup of vegetables from the vegetable group.

A typical person should try to eat 2½ cups of vegetables every day.



## **Storage**

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened cans of artichokes in a tightly covered plastic container and stored in the refrigerator.

Use within 2 to 4 days!

Do not use canned artichokes if can is rusted, bulging, or dented! Throw it away!

## **Uses**

- ✓ Chop drained artichokes and mix in with your favorite casserole or pasta dish.
- ✓ Sprinkle chopped artichokes on pizza.
- ✓ Combine with a variety of vegetables for a healthy side dish.

Know how. Know now.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.





## **Cheesy Spinach-Artichoke Dip**

21 servinas

- 1 (14 oz.) can artichoke hearts, chopped and drained
- 1 (10 oz.) pkg. frozen spinach, thawed
- 1 (8 oz.) pkg. cream cheese, low-fat, softened
- 1 (8 oz.) carton sour cream, low-fat
- 3/4 c. grated Parmesan cheese
- 3/4 c. low-fat milk
- ½ c. onion, chopped
- ½ c. mayonnaise low-fat
- 1 T. white vinegar
- 1/4 tsp. black pepper
- ½ tsp. garlic powder (optional)
- 1. Place ingredients in a 31/2 quart slow cooker.
- 2. Mix well.
- 3. Cover slow cooker with lid, and cook on low for 1 hour. Stir occasionally.
- 4. Serve warm with bread or tortilla chips.

Nutrition Information per Serving: Calories 100, Total Fat 7 g (11% DV), Saturated Fat 3 g (15% DV), Cholesterol 15 mg (5% DV), Sodium 250 mg (10% DV), Total Carbohydrate 5 g (2% DV), Dietary Fiber 1 g (4% DV), Sugars 2 g, Protein 4 g, Vitamin A 25%, Vitamin C 6%, Calcium 10%, Iron 2%.

Recipe is provide from the University of Nebraska-Lincoln Extension, Nutrition Education Program Source: USDA http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm