



2012

Ty Cobb Diabetes Education



FREE MONTHLY DIABETES SUPPORT GROUP

WHERE: Community Center, Lavonia

WHEN: Thursday, January 19th
5:30-6:30pm

TOPIC: Monitoring

*Please join us to learn more about the
importance of monitoring & tips for
monitoring effectively.*

▲ THIS MONTH'S DISH IS ARTICHOKE CHICKEN HAVARTI DIP.
▲ SEE BACK SIDE OF THIS POSTCARD FOR DETAILS.



TY COBB
HEALTHCARE SYSTEM, INC.

Artichoke Chicken Harvarti Dip

A GREAT, WARM ARTICHOKE DIP BAKED WITH CHICKEN AND HAVARTI CHEESE.

RECIPE COMPLIMENTS OF

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FOR YOUR DIABETES LIFE!

INGREDIENTS

- 5 oz canned chunk light chicken in water, drained and flaked (or shredded, cooked chicken breast)
- 14 oz canned artichokes hearts, drained and chopped
- 17 oz packet Italian salad dressing
- 8 oz sour cream
- 1/4 cup mayonnaise
- 8 oz Havarti cheese, cut into 1" cubes
- 1/4 cup low sodium Parmesan cheese, finely shredded
- 1/4 cup sliced almonds

DIRECTIONS

1. Preheat oven to 350°F.
2. In medium bowl, blend chicken, artichoke, dressing mix, sour cream, mayonnaise, 4 oz. Havarti cheese, and all of Parmesan cheese.
3. Transfer to small baking dish, top with remaining Havarti cheese and almonds.
4. Bake 25 minutes or until lightly browned.

ADDITIONAL INFORMATION

Serve with low-carb, whole-grain crackers or veggie dippers.



Nutritional Facts

Makes 12 servings

Calories 194.5
Total Carbs 4.8 g

Dietary Fiber 2.4 g	Unsaturated Fat 6.8 g
Sugars 1.6 g	Potassium 103.5 mg
Total Fat 14.5 g	Protein 8.7 g
Saturated Fat 7.8 g	Sodium 400.7 mg