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# Artichoke Spread, Mimi Armstrong's Intercontinental inflight

*Debby*

*Mimi Armstrong from an in-flight magazine*

Preparation Time: 15 minutes

Start to Finish Time: 45 minutes

*Mimi found this recipe in the inflight magazine on her way from Brussels to Friendship, summer 2008. Delicious!*

**1 can artichoke hearts, drained**

**1 cup mayonnaise**

**1 cup parmesan cheese, shredded**

**1/3 cup kalamata olive, chopped roughly**

Mix all ingredients together. Transfer mixture to oven-safe dish.

Bake in preheated 375 degree oven until golden and bubbly, about 25-30 minutes.

Yield: 2 cups

**Appetizers, Miscellaneous**

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*Per Serving (excluding unknown items): 2193 Calories; 232g Fat (90.3% calories from fat); 38g Protein; 17g Carbohydrate; 5g Dietary Fiber; 140mg Cholesterol; 4075mg Sodium. Exchanges: 4 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 22 Fat.*