

Arkansas

★ Home Grown & Homemade ★

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DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

**FARM
BUREAU**
ARKANSAS

Artichoke Rice Dip

- ½ c. uncooked long grain rice
- 1 c. water
- ⅛ tsp. salt
- 1 tbs. minced garlic
- 1 c. olive oil mayonnaise
- 1 can (14 oz.) artichoke hearts, drained, rinsed, and chopped
- 1 c. grated Parmesan cheese
- 1 c. shredded mozzarella cheese
- ½ c. chopped water chestnuts
- ¼ c. chopped roasted red bell peppers
- 2 Tbsp. canned diced green chilies
- ½ tsp. onion powder
- Paprika

In small saucepan, combine rice, water, salt, and garlic. Stir lightly; bring to a rolling boil and reduce heat to simmer (low boil). Cover with tight-fitting lid and simmer 15 minutes. Remove from heat; preheat oven to 350F.



Scan the QR
code to watch
us demonstrate
this recipe!

In large bowl, combine rice mixture, mayonnaise, artichoke hearts, Parmesan cheese, mozzarella cheese, water chestnuts, roasted red bell peppers, chiles and onion powder. Stir until well mixed.

Spread in shallow 1 ½-quart baking dish or 9-inch pie pan. Sprinkle with paprika. Bake uncovered 25-35 minutes or until hot and bubbling. Serve with toasted baguette slices, toasted pita wedges or crackers.

Makes 24 servings. Serving size: 1/4 cup. 90 calories; 5g fat; 10mg chol; 220 mg sodium; 8g carb; 4g protein

#1 Rice Producer

Arkansas ranks **FIRST** among rice-producing states, accounting for more than 49 percent of U.S. rice production!