



## Air-Fryer Artichokes with Super Sauce



1/3 of recipe: 138 calories, 6.5g total fat (2.5g sat. fat), 877mg sodium, 16g carbs, 7g fiber, 3.5g sugars, 6g protein

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**Prep:** 5 minutes    **Cook:** 15 minutes



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### Ingredients

Two 14-oz. cans artichoke hearts, drained and thoroughly patted dry  
2 tsp. olive oil  
2 tsp. chopped garlic, divided  
1/4 cup whipped cream cheese  
2 tsp. grated Parmesan cheese

### Directions

Place artichokes in a large bowl. Add oil and 1 1/2 tsp. garlic. Toss to coat.

Set air fryer to 400°F. Cook until browned and crispy, 13–15 minutes.

In a small microwave-safe bowl, combine cream cheese, Parm, and remaining 1/2 tsp. garlic. Mix until uniform. Cover and microwave for 25 seconds, or until warm. Serve with artichokes for dipping.

#### MAKES 3 SERVINGS

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