

Marinated Artichoke Cheese Toasts

- 1 jar (8 ounces) marinated artichoke hearts, drained
- ½ cup (2 ounces) shredded reduced-fat Swiss cheese
- ⅓ cup finely chopped roasted red peppers
- ⅓ cup finely chopped celery
- 1 tablespoon plus 1½ teaspoons reduced-fat mayonnaise
- 24 melba toast rounds
- Paprika

1. Rinse artichokes under cold running water; drain well. Pat dry with paper towels. Finely chop artichokes; place in medium bowl. Add cheese, peppers, celery and mayonnaise; mix well.
2. Spoon artichoke mixture evenly onto melba toast rounds; place on large nonstick baking sheet or broiler pan. Broil 6 inches from heat 45 seconds or until cheese mixture is hot and bubbly. Garnish with paprika. *Makes 12 servings*

Nutrients per Serving (2 toasts):

Calories: 57, **Calories from Fat:** 23%, **Total Fat:** 1g, **Saturated Fat:** 1g, **Cholesterol:** 4mg, **Sodium:** 65mg, **Carbohydrate:** 7g, **Dietary Fiber:** 1g, **Protein:** 4g

Dietary Exchanges: ½ Starch

tip

Melba toast is made by slicing day-old bread into very thin slices, trimming the crust and baking the slices in an oven at a low temperature until they are pale golden brown and crisp. They are a great base for appetizers!

