

ONIONS

Asiago-Artichoke-Turkey Spread

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	20	\$0.49	119 kcal

Asiago-Artichoke-Turkey Spread takes about 45 minutes from beginning to end. This condiment has 119 calories, 8g of protein, and 4g of fat per serving. This recipe serves 20. For 49 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 14 ounce artichoke hearts, drained and coarsely chopped
canned
- ☐ 2 ounces 1/2 cup shredded Asiago cheese
- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 1/3 cup fat-free mayonnaise
- ☐ 2 garlic cloves, peeled
- ☐ 1 cup sliced green onions
- ☐ 2 ounces 1/2 cup grated fresh Parmesan cheese
- ☐ 4 ounces cup shredded part-skim mozzarella cheese
- ☐ 14 ounces 80 Melba toast rounds (about
- ☐ 2 cups chopped cooked turkey

EQUIPMENT Food processor, Bowl, Oven, Casserole dish

Method

- 1

Preheat oven to 35
- 2

With food processor running, drop garlic through food chute, and process until minced.
- 3

Add turkey, green onions, and artichoke hearts to the processor; process until combined.
- 4

Combine mozzarella, Parmesan, Asiago, cream cheese, mayonnaise, and pepper in a large bowl.

- 5 Add turkey mixture; stir until combined. Spoon mixture into a shallow 1-quart casserole dish coated with cooking spray.
- 6 Bake at 350 for 30 minutes or until bubbly and top is golden.
- 7 Serve hot with Melba toast rounds.

Nutrition per serving

119	8 g	4 g	13 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.8 g · 11% of daily needs
Fibre			1 g · 4% of daily needs
Sugar			1.7 g · 2% of daily needs
Sodium			359 mg · 16% of daily needs
Cholesterol			15.2 mg · 5% of daily needs
Vitamin C			1 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/asiago-artichoke-turkey-spread-148150