

Uploaded to VFC Website → → January 2013 ← ←

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

Veterans-For-Change is a 501(c)(3) Non-Profit Corporation Tax ID #27-3820181

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Spinach-and-Brie-Topped Artichoke Hearts

Prep Time: 15 mins Total Time: 15 mins

Ingredients

- 9 ounce(s) artichoke hearts, frozen, (1 box)
- ❖ 2/3 cup(s) spinach, frozen chopped, cooked or cooked and chopped fresh spinach
- 1 teaspoon lemon-pepper seasoning
- 1/4 teaspoon salt
- 18 slice(s) cheese, brie, thin slices

Preparation

- 1. Preheat broiler. Prepare artichoke hearts according to package directions.
- 2. Combine spinach, lemon pepper and salt in a small bowl. Top each artichoke heart with the spinach mixture and brie. Broil until cheese melts, 1 to 2 minutes.

