



JULY 2018

Artichoke Dip Bites

Love artichoke dip? This recipe gives you the dip and dippers together in one appetizer—yummy baked bread cups with creamy fillings.



Prep Time: 25 minutes
Cook Time: 20 minutes
Total Time: 45 minutes
Yield: 2 dozen

Ingredients

- 1 can (14 oz.) water-packed artichoke hearts, rinsed, drained, and chopped
- ½ c. grated Parmesan cheese
- ½ c. mayonnaise
- ½ c. sour cream
- 2 Tbsp. canned chopped green chilies
- 1 garlic clove, minced
- 1 loaf (1 lb.) frozen bread dough, thawed
- 1 c. shredded part-skim mozzarella cheese
- thinly-sliced green onions

Directions

1. In a large bowl, combine the first six ingredients; set aside.
2. Shape dough into twenty-four 1-inch balls. With floured fingers, press onto the bottoms and ½ inch up the sides of greased muffin cups.
3. Fill cups with tablespoonfuls of artichoke mixture; sprinkle with mozzarella cheese. Bake at 350°F for 18–22 minutes or until golden brown. Garnish with onions and serve warm.

Nutritional Facts

1 appetizer: 122 calories, 6 g. fat (2 g. saturated fat), 9 mg. cholesterol, 224 mg. sodium, 11 g. carbohydrates (1 g. sugars, 1 g. fiber), 4 g. protein

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“The strength of a nation lies in the homes of its people.”

—ABRAHAM LINCOLN

4th of July Safety Tips

Firework Safety

- The safest way to enjoy fireworks is to attend a public show put on by professionals. Stay at least 500 feet away from the show.
- If setting off at home, always follow instructions on the package.
- The person lighting fireworks should always wear eye protection.
- Light only one firework at a time; never try to relight a “dud.”
- Store fireworks in a cool, dry place away from children and pets.
- Never throw or point a firework toward people, animals, vehicles, structures, or flammable materials.

Pet Safety

- Make sure your dog is wearing a fitted collar with an updated ID tag.
- Help your dog burn off energy with a long walk, run, or play session that day.
- Provide a safe haven at home with plenty of water. Many dogs retreat to small enclosed areas when stressed or scared.
- Close doors and windows to prevent escapes and cut down on anxiety-causing noise.
- Keep curtains shut to block out bright, flashing lights.
- Use music or television to mask the fireworks with familiar sounds.
- Give your dog a favorite toy or treat to distract from the chaos.
- Add calming scents (such as lavender) to your pet’s environment.



Grilling Safety

- Always supervise a grill when in use. Keep pets and children away.
- Never grill indoors or in enclosed areas, and keep the grill away from the house, deck, trees, or anything that could catch fire.
- Use long-handled tools made for grilling.

Pool & Sun Safety

- If swimming at a public pool, be sure there is a lifeguard on duty. Obey all instructions and orders from lifeguards.
- Children and pets should always be supervised. Inexperienced swimmers should wear life jackets.
- Never dive headfirst and always look before jumping.
- Do not consume alcohol before swimming.
- Limit exposure to direct sunlight between 10 am and 4 pm.
- Wear a broad-spectrum sunscreen (at least 15 SPF). Reapply often.
- Drink plenty of water regularly. Avoid alcohol or caffeine in the sun.
- Protect eyes with sunglasses. Bring a hat and umbrella for shade.
- Wear sandals to protect feet from hot pavement and sharp objects.
- If someone is suffering from heat stroke (hot, red skin; changes in consciousness; rapid, weak pulse; rapid, shallow breathing), quickly call 9-1-1, move them to a cooler place, and apply cool, wet cloths to their skin. Keep the person lying down and under supervision.