

Recipes

Artichoke & Roasted Red Pepper Salad w Roasted Pepper Dressing

Makes 8 servings, each serving equals 1 cup of fruit or vegetables

8 Artichokes (medium size), prepared and cooked as directed for whole artichokes
4 Red bell peppers
Lettuce leaves
½ cup Red onion, sliced
½ cup Ripe olives, sliced
1 Bell pepper (roasted), reserved from salad preparation (for Dressing)
1/3 cup Balsamic vinegar (for Dressing)
¼ cup White wine or cider vinegar (for Dressing)
2 cloves Garlic, minced (for Dressing)
1 Tbsp Basil (fresh), chopped or 1 tsp. crushed dried basil (for Dressing)
1 tsp Rosemary (fresh), chopped or ½ tsp. crushed dried rosemary (for Dressing)

Halve artichokes lengthwise; scoop out center petals and fuzzy centers. Remove outer leaves and reserve to garnish salad, or to use for snacks another time. Trim out hearts and slice thinly. Cover and set aside. Place whole bell peppers under preheated broiler; broil under high heat until charred on all sides, turning frequently with tongs. Remove from oven; place in a paper bag for 15 minutes to steam skins. Trim off stems of peppers; remove seeds and ribs. Strip off skins; slice peppers into julienne strips. Reserve one-fourth of the bell pepper strips to prepare dressing. To assemble salads, arrange lettuce leaves on 8 salad plates. Arrange sliced artichoke hearts, remaining bell pepper strips, red onion and olive slices on lettuce. Garnish with a couple of cooked artichoke leaves, if desired. For dressing, in blender or food processor container place reserved bell pepper strips, vinegars, garlic, basil, rosemary and sugar. Cover and process until well blended and nearly smooth. Spoon dressing over salads. Nutritional analysis per serving: Calories 133, Protein 8g, Fat 1g, Calories From Fat 6%, Cholesterol 0mg, Carbohydrates 30g, Fiber 12g, Sodium 378mg.

Artichoke Gondolas

Makes 4 servings, equals 1 cup of fruit or vegetables

4 artichokes (medium size), cooked
½ cup sun-dried tomatoes (not oil-packed)
1 eggplant (small), peeled and diced
2 cups low sodium chicken broth
¼ cup onion, chopped
1 Tbsp each of: fresh oregano, fresh basil
2 cloves garlic, minced
¼ tsp pepper

Halve artichokes lengthwise; remove center petals and fuzzy centers of artichokes. Remove outer leaves of artichokes; reserve. Trim out hearts and chop finely. Set aside. Rehydrate tomatoes in boiling water for 3 minutes until softened. Drain and rinse; chop. Cook eggplant in simmering chicken broth for 10 minutes; drain well. In blender or food processor container place chopped tomatoes, drained eggplant, onion, herbs, garlic, salt and pepper. Cover and process until nearly smooth. Taste for seasoning. Stir in chopped artichoke hearts. To serve, arrange artichoke leaves on a serving platter; spoon 1 heaping teaspoon of the eggplant mixture onto wide end of artichoke leaves. Garnish with a fresh herb leaf, if desired.

Alternate serving idea: Arrange artichoke leaves on a platter, surrounding a bowl of the eggplant mixture. Use artichoke leaves

to scoop up individual servings of the dip. Dip can be prepared up to 24 hours ahead and chilled until serving time.

Artichokes with Garlic Dip

Makes 4 servings, each serving equals 1/2 cup of fruit or vegetables

Ingredients

1 cup Plain lowfat yogurt
1 Tbsp each of: Chopped parsley and chives
2 tsp Chili sauce
½ tsp Garlic salt
1/8 tsp Pepper
4 Artichokes (medium), prepared and cooked

Combine all ingredients except artichokes; blend well. Refrigerate until serving. Serve with cooked artichokes. Nutritional analysis per serving: Calories 129, Protein 10g, Fat 1g, Calories From Fat 4%, Cholesterol 4mg, Carbohydrates 26g, Fiber 10g, Sodium 454mg.

Pam's Tips:

I just steam the artichokes in my steamer. You could use a pot on the stove with a few inches of water to steam them. I like to make a garlic aioli dip for the artichokes. Use mayo, lemon juice to taste, crushed garlic, and dill. It's yummy.