

# The Healthy Cook

## Artichoke Sauté

 SERVES 4

- 9 oz. frozen artichoke hearts, thawed, drained, and patted dry
- 4 Tbs. extra-virgin olive oil, divided 8 oz. shiitake mushrooms, caps sliced, stems discarded
- 1 15 oz. can no-salt-added chickpeas, drained and rinsed
- 3 cloves garlic, chopped
- 2 scallions, sliced
- 6 sprigs Italian parsley, chopped
- 1 Tbs. fresh lemon juice, more to taste ½ tsp. kosher salt



1. In a large non-stick skillet, sauté the artichokes in 1 Tbs. oil until browned. Remove from the pan.
2. Sauté the mushrooms in 1 Tbs. oil until browned. Remove from the pan.
3. Sauté the chickpeas in 1 Tbs. oil until lightly browned.
4. Add the remaining 1 Tbs. oil, stir in the garlic, and cook for 30 seconds.
5. Return the artichokes and mushrooms to the pan and heat through.
6. Add the scallions and parsley. Season with lemon juice and up to ½ tsp. salt.

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*Per Serving (1 cup):* calories: 290 | total fat 6 g | sat fat 2 g | carbs 30 g | fiber 10 g | protein 9 g | cholesterol 0 mg | sodium 310 mg