

Sauteed Artichokes

Ingredients

1/4 c Olive Oil
2 clv Garlic (thinly sliced)
18 oz Artichoke Hearts (frozen,
thawed, and patted-dry)
1/2 Lemon (juiced)
1/4 c Parsley (chopped)
0 ds Salt
0 ds Ground Black Pepper

Instructions

In a large skillet, combine olive oil and garlic over medium heat and cook for 3 to 4 minutes. Increase the heat to medium-high, add artichoke hearts, season with salt and pepper and cook, stirring, until golden, about 5 minutes. Remove from the heat. Stir in the lemon juice and parsley.