



LEMON CREAM ARTICHOKE

By Dr. Cindy Tazar
(Maintenance or Special Occasion)

What a perfect dish in time for Spring and Easter! This dish is very simple, yet provides a wonderful creamy lemon sauce that is bright, light, and refreshing. It pairs nicely with chicken or any kind of fish or seafood. Since this is a maintenance or special occasion dish, serving amounts are not provided, as it doesn't fit neatly into the weight loss plan. However, it is still a clean, low-glycemic recipe. Enjoy!

Makes 3 servings.



INGREDIENTS

- 2 14-oz cans quartered artichokes, drained
- 1 large lemon
- 3/4 cup heavy cream
- 1 Tbsp fresh thyme (best) or 3/4 tsp dried thyme
- 1/2 tsp. ground black pepper
- 5 oz freshly grated Parmesan cheese



DIRECTIONS

Preheat oven to 350°F. Drain and pat dry artichokes removing as much liquid as possible. Place them in a 9x9 (can use 8x8) baking dish.

Pour cream evenly over the artichokes. Grate the lemon zest and set aside. Squeeze the lemon over the artichokes and cream evenly.

Sprinkle the grated Parmesan over the dish and top with lemon zest, thyme and pepper.

Bake for 25 minutes. You can broil the dish for 1-2 minutes, watching closely, to brown slightly.