
Artichoke Romano Bruschetta



6 ounces marinated artichoke hearts, drained, patted dry, and chopped

1/2 cup Romano cheese, freshly grated

1/3 cup red onion, finely chopped

5 tablespoons mayonnaise

16 whole baguette slices

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 16

If you have leftover artichoke topping, it will go great on top of a chicken breast - just add some buttered bread crumbs to the top and bake. Soaking the onion takes away that raw-onion taste - since these little toasts aren't baked all that long, the onion can still be a slight bit crunchy.

1. Soak the chopped red onion in about 1/2 cup water with 1-2 T. of white vinegar added. Set aside for 10-15 minutes. Drain and blot dry.
2. Stir together the artichoke hearts, cheese and red onion in a medium bowl. Mix in enough mayonnaise to form a thick spread. Add a little more mayo if needed, but you shouldn't need more than a tablespoon.
3. Preheat oven to 400°. Spread the baguette slices with the artichoke mixture and arrange on a parchment-lined baking sheet. Bake until the top is bubbly and bread is crisp, about 6-8 minutes. Allow to cool for a minute, then serve immediately.

Per Serving (excluding unknown items): 124 Calories; 6g Fat (42.6% calories from fat); 4g Protein; 14g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 253mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.