

Baby Artichoke and Scallion Sauté

Adapted from Deborah Madison's *Vegetarian Cooking for Everyone*



Servings: 4

1. Trim the artichoke tops about 1/3 inch or more and pulling off at least one layer of the outer leaves. Cut in half lengthwise. Put them in a bowl with the lemon juice and water to cover as you work. Drain, then steam them about 10 minutes, then drain. This can be done ahead of time.

2. Heat the oil in a large skillet over high heat. Add the artichokes, cut side down, and sauté until they begin to color in places. After several minutes, turn and add the scallions and wine. When the wine boils off, add 1 cup water and half the gremolata and tarragon. Lower the heat and cook until the artichokes are fully tender, between 5 and 10 minutes, then add tarragon and season with salt and pepper. Tip them, with their juices, onto a serving plate. Garnish with the remaining gremolata. Serve while hot.

1 pound artichokes, baby [I used purple] about 18-22

1/3 cup lemon juice, diluted in a big bowl of water

2 tablespoons extra virgin olive oil

1 bunch scallions, including an inch of the greens, thickly sliced

GREMOLATA:

3 tablespoons parsley, chopped

1 whole garlic clove

2 teaspoons lemon zest

1 tablespoon fresh tarragon, chopped (or basil)

Salt and freshly milled pepper

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

Per Serving (excluding unknown items): 90 Calories; 7g Fat (62.6% calories from fat); 2g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 45mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 1 1/2 Fat.