Bruschetta with Artichokes & Garlic

Nadia Frigeri, cooking instructor



Very different, very tasty, and just delicious.

12 ounces artichoke hearts, Trader Joe's frozen

1/3 cup olive oil

1/4 cup Italian parsley, chopped

1 tablespoon fresh thyme

1/2 cup grated Parmesan cheese

3 cloves garlic

6 ounces soft goat cheese, crumbled

1 whole Italian bread

3 tablespoons olive oil

4 whole garlic cloves, peeled and sliced

1/3 cup grated Parmesan cheese

Serving Ideas: If you're watching the calories, you can reduce the amount of cheese, or eliminate it altogether, and add sun dried tomatoes, minced, instead.

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

Servings: 16

Italian bread is quite soft, and doesn't have a firm crust like French bread does, but you can use French bread instead. Just be careful not to overbake the slices.

1. Defrost the artichoke hearts and drain. In a medium skillet add olive oil, parsley and artichoke hearts. Season with salt and pepper and sauté about 3-4 minutes, adding a little water or chicken broth if necessary to keep the vegetables from browning. Remove from heat, cool, pour out onto a cutting board and chop coarsely. You may also pour mixture into the food processor and process just until the hearts are minced, but do not puree the mixture.
2. Add a little olive oil to the same pan and cook the garlic slowly. Do not brown; in fact, add chicken broth to prevent it from browning. Cook until the garlic is soft. Then, in a bowl combine the artichoke mixture, thyme, garlic, salt and pepper. You may make this ahead to this point. When ready to proceed, add the crumbled goat cheese and the first portion of Parmesan cheese.
3. Meanwhile, slice the bread in 1/3 inch slices. Brush them with olive oil and quickly grill or bake until barely toasted on the edges. Do not overbake these or they become too brittle. Allow to cool briefly, then with the pieces of sliced garlic, rub each slice with it. Mound the bread with the artichoke mixture, then sprinkle them with the additional Parmesan cheese and dust with additional Italian parsley.

Yield: 48 pieces

Per Serving (excluding unknown items): 126 Calories; 11g Fat (73.9% calories from fat); 5g Protein; 4g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 145mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.