



ROASTED CANNED ARTICHOKES

By Dr. Cindy Tanzar

(Standard, Vegan/Vegetarian and Maintenance Plans)

This recipe is about as easy as it gets, but don't be fooled, because it really is delicious. Canned artichokes take all the work out of preparing and eating and they take no time to make. You can easily double this recipe, too.
Makes 1-2 servings. One serving is 1 cup and covers your vegetable for one meal.



INGREDIENTS

1 can quartered artichoke hearts, packed in water

1-2 Tbsp avocado oil

Pink Himalayan salt & black pepper or red pepper flakes, to taste

Grated Parmesan cheese, optional (maintenance)



INSTRUCTIONS

Preheat oven to 425°F. Drain the canned artichoke hearts and pat very dry with paper towels without crushing them.

Place them onto a baking sheet or stone close together. Drizzle with avocado oil, salt and pepper. Gently toss to coat, then spread the artichokes out in a single layer without touching.

Roast for 15 minutes then gently flip the artichoke hearts. Continue roasting about 10 minutes more or until golden brown on both sides.

Sprinkle Parmesan cheese, if using. Serve hot.