

RECIPE

Hero Vegetable: Artichoke

Artichoke Pate

Ingredients:

4 oz artichoke hearts, from the jar, reserve the oil
12 oz white beans, cooked
14 cup olive oil
2 cloves garlic
1⁄2 cup shredded parmesan, plus extra for garnish
1 lemon, juiced
salt to taste

Directions:

Combine all the ingredients in a food processor, blending until smooth. Add salt to taste. Garnish with extra shredded parmesan cheese.