

Lemon Garlic Artichoke Hearts

Embark on a culinary journey with our Lemon Garlic Artichoke Hearts recipe - a harmonious blend of zesty lemon and aromatic garlic that will awaken your senses. Ideal for a quick, nutritious, and delicious addition to your meal.

Recipe Details:

Prep Time: 10 Minutes

Cook Time: 17 Minutes

Total Time: 27 Minutes

Servings: 6

Ingredients:

- 3-4 Tablespoons of Extra Virgin Olive Oil
- 2 - 12 oz bags of Trader Joe's Artichoke Hearts (24 oz total)
- 4 Cloves of Garlic, peeled and sliced
- Freshly Milled Pepper, up to 2 tsp
- Freshly Milled Mediterranean Sea Salt, up to 2 tsp
- 1 whole lemon for zest and 2 Tablespoons of juice
- 2 Tablespoons Fresh Pecorino Romano Cheese (optional)

Instructions:

1. In a large bowl, combine artichokes and garlic with a generous sprinkle of freshly milled pepper. Mix well.
2. Drizzle olive oil in a large frying pan.
3. Place artichokes and garlic mixture into the pan.
4. Add the zest of lemon or the lemon peel slices, stirring to distribute evenly.
5. Cover with a lid and turn stove to medium heat.

6. Once artichokes begin to cook, reduce to medium-low. Stir after 5 minutes.
7. Continue to stir every 3 minutes, replacing the lid each time.
8. Once most of the liquid is gone, turn off the heat.
9. Sprinkle with fresh lemon juice and add more zest if desired.
10. Add grating cheese if using. Serve warm.

Notes:

- Adjust lemon zest to taste.
- Limit pepper to 2 tsp to avoid excessive spiciness.
- Add grating cheese after cooking if desired.