



CRISPY PARMESAN ARTICHOKE HEARTS

March 16

National Artichoke Hearts Day

INGREDIENTS

- 2¼ Cups Quartered Artichoke Hearts (drained and patted dry)
- 1 Tablespoon Extra Virgin Olive Oil
- 2 Eggs (lightly beaten)
- 1 Teaspoon Garlic Powder
- ⅓ Cup Parmesan Cheese (finely grated)
- ⅓ Cup Panko Breadcrumbs
- 1 Teaspoon Italian Seasoning
- ¼ Teaspoon Fine Sea Salt
- ¼ Teaspoon Ground Black Pepper
- ½ Cup Herb Lemon Aioli Sauce

DIRECTIONS

1. Preheat oven to 425° and line a rimmed baking sheet with parchment paper or coat lightly with cooking spray.
2. Place the artichoke hearts in a bowl and coat with the olive oil.
3. In a medium bowl, mix together the garlic powder, parmesan cheese, panko, italian seasoning, salt and pepper.
4. Dip each artichoke in the egg mixture, then in the cheese mixture.
5. Place on baking sheet and bake for 20 minutes, flipping halfway.
6. Serve hot with aioli dipping sauce.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

2¼ Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup