

# ARTICHOKES WITH POTATOES

*This recipe is from CDKitchen <http://www.cdkitchen.com>*

*3 cups artichokes, frozen, canned or bottled., halved or quartered, depending on size  
1 medium onion, sliced  
3 cloves garlic, crushed  
1 pound new potatoes, quartered or eighths, depending on size  
2 cups chicken stock  
1/2 cup fresh parsley, chopped  
3 tablespoons olive oil  
fresh ground black pepper & salt to taste*

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Sauté onions and garlic in oil until almost transparent. Add the parsley, potatoes and cook, covered, for 10 to 15 minutes or until the potatoes are just barely tender.

Add the artichokes and simmer, covered, for another 10 minutes. Add salt & pepper to taste.

## *Greek Style*

*Can be reheated in sauté pan, over medium low heat. Add 1 or 2 tablespoons of water to the bottom of the pan.*

*Can also be reheated in a 350° F. oven for 15 to 20 minutes.*

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Per Serving (excluding unknown items): 827 Calories; 42g Fat (45.7% calories from fat); 14g Protein; 98g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 4343mg Sodium. Exchanges: 5 Grain(Starch); 2 1/2 Vegetable; 8 Fat.