

Cheesy Baked Artichokes

2 packages (9 ounces each) frozen artichoke hearts
1 Tbsp lemon juice
3 Tbsp ground pecans
2 Tbsp grated parmesan cheese
1 tsp dried Italian seasoning
1 clove garlic, minced (or about 1 tsp jarred)
1 tsp olive oil

Preheat oven to 375 degrees. Coat a 9" glass pie plate with cooking spray. Place artichokes in a colander and rinse well with cold water to separate. Drain well, then pat dry with paper towels. Place in prepared pie plate and sprinkle with lemon juice.

In a small bowl, combine the pecans, cheese, Italian seasoning, garlic, and oil. Sprinkle the mixture evenly over the artichokes.
Bake for 15 minutes, or until topping is golden.

Makes 4 large servings.
Calories: 110
Fat: 6 grams (only 1 sat.)
Protein: 5 grams
Carbohydrates: 12 grams
Fiber: 8 grams
Cholesterol: <1 mg
Sodium 170 mg

From the *South Beach Diet* cookbook
Arthur Agatston, MD