

# ARTICHOKES

In ancient history, artichokes had many uses; a diuretic, a breath freshener, even deodorant! Today, artichokes are used in various dishes, including our rosé pasta on the 23rd. The artichokes we eat are the buds of a purple flower that grows more than 3 feet tall. Artichokes have a tough exterior, but you can purchase them canned in water and avoid having to deal with the preparation. Be sure to check the sodium content, as some canned items may be high in sodium.

## Health Benefits, Storage, and Uses

Artichokes are a part of the vegetable group. They are considered good sources of vitamin C, folate, magnesium, and fiber. Their high fiber content helps with gastrointestinal health and digestion. It keeps the body regular, and reduces risk of discomfort, helps control blood sugar, and potentially reduce cholesterol levels.



Store unopened cans in a cool, dry place off of the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time. Store opened cans of artichokes in a tightly covered plastic container in the refrigerator. Use within 2 to 4 days! Do not use canned artichokes if the can is rusted, bulging, or dented. Throw it away!

Use canned artichokes in your favorite casserole or pasta dish. Sprinkle them on pizza or combine them with a variety of vegetables for a tasty side dish.

## Rosé Chicken serves 4

- |                                                                                       |                                                      |
|---------------------------------------------------------------------------------------|------------------------------------------------------|
| 4 boneless, skinless chicken breast halved (about 4oz each), all visible fat removed. | 1 (15oz) can no-salt-added diced tomatoes, undrained |
| ¼ cup all purpose flour                                                               | ¼ cup low sodium chicken broth                       |
| 1 teaspoon olive oil, divided                                                         | ¼ cup rosé wine, white wine, or vermouth             |
| 8oz fresh mushrooms, quartered                                                        | 1 tablespoon lemon juice                             |
| 1 teaspoon minced garlic (2 cloves)                                                   | 1 teaspoon dried oregano                             |
| 9oz package frozen artichoke hearts (no salt added)                                   | ¼ teaspoon salt                                      |
|                                                                                       | ½ cup thinly sliced green onions                     |

Rinse chicken and pat dry with paper towels. Coat chicken lightly with flour, shaking off any excess. Set a large nonstick skillet over medium heat and add ½ teaspoon olive oil. Brown chicken for 4 minutes on each side. Remove from pan and set aside. Stir in mushrooms, garlic, and ½ teaspoon olive oil. Cook, covered, for 7-10 minutes. Add artichoke hearts and cook, uncovered, for 1-2 minutes, or until juices evaporate. Add chicken back into pan with remaining ingredients except green onions. Cook over medium heat for 10 minutes, or until chicken is cooked through. Stir in green onions, cook for 1 minute. Enjoy as a one-pan dish or with penne pasta !

FIND US ON



HOPE THIS AUTUMN "LEAVES"  
YOU FEELING REFRESHED!



MARY D