



Crispy Parmesan Artichoke Hearts



1/4 of recipe (about 4 artichoke hearts): 128 calories, 1g total fat (0.5g sat. fat), 732mg sodium, 20.5g carbs, 5.5g fiber, 3g sugars, 9g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

Two 14-oz. cans whole artichoke hearts, drained and thoroughly patted dry
2 tbsp. all-purpose flour
1/2 cup panko bread crumbs
1 1/2 tbsp. grated Parmesan cheese, or more for topping
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. Italian seasoning
1 dash salt
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
Optional dip: marinara sauce

Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

Place drained/dried artichoke hearts in a large sealable bag or container. Add flour. Seal bag/container, and shake to coat.

In a wide bowl, mix breadcrumbs, Parm, and seasonings. Place egg whites/substitute in a second wide bowl. Coat artichokes with egg, followed by the seasoned bread crumbs.

Place breaded artichoke hearts on the baking sheet, and top with any remaining seasoned crumbs. Spray with nonstick spray.

Bake until lightly browned and crispy, 16–20 minutes, flipping halfway through.

MAKES 4 SERVINGS

Air-Fryer Alternative: Set air fryer to 375°F. Cook until browned and crispy, about 12 minutes, working in batches as needed.

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