



## Faux-Fried Artichoke Bottoms



1/4 of recipe (2 pieces): 74 calories, 0.5g total fat (<0.5g sat fat), 349mg sodium, 12g carbs, 3.5g fiber, 2.5g sugars, 4.5g protein

**Green Plan [SmartPoints](#)® value 1\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Prep:** 10 minutes    **Cook:** 15 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

1/3 cup whole-wheat panko breadcrumbs  
1 tsp. garlic powder  
1 tsp. onion powder  
1 tsp. Italian seasoning  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
8 canned artichoke bottoms (one - two 14-oz. cans), drained  
1/3 cup canned crushed tomatoes  
1 1/2 tsp. grated Parmesan cheese

### Directions

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

In a medium bowl, mix breadcrumbs, 1/2 tsp. garlic powder, 1/2 tsp. onion powder, and 1/2 tsp. Italian seasoning.

Place egg whites/substitute in a wide bowl. Thoroughly dry artichoke bottoms. One at a time, coat artichoke bottoms with egg whites/substitute, and gently shake to remove excess egg. Coat with seasoned crumbs.

Evenly place on the baking sheet, and top with any remaining seasoned crumbs. Bake until lightly browned and crispy, about 12 minutes.

In a small microwave-safe bowl, mix crushed tomatoes with remaining 1/2 tsp. garlic powder, 1/2 tsp. onion powder, and 1/2 tsp. Italian seasoning. Microwave for 20 seconds, or until hot.

Evenly distribute seasoned tomatoes among the baked artichoke bottoms. Top with Parm.

MAKES 4 SERVINGS

**HG FYI:** Some canned artichoke bottoms are larger than others, which is why we say about 1 - 2 cans will yield 8 of them. We suggest getting 2 cans, just in case!

**HG Alternative:** Make 'em in an air fryer! Just preheat your air fryer to 392 degrees. Then cook the coated artichoke bottoms until golden brown, 3 - 4 minutes. [Click for more air fryer info!](#)

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.