



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

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



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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!](#)

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