

Garlic Basil Artichoke Sauce



Makes:

2 cups of sauce; 6 servings

Utensil:

Saladmaster Food Processor

10" Chef's Gourmet Skillet

small mixing bowl

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Recipe Description:

Stir Together a simple sauce to toss with pasta or serve alongside a piece of grilled chicken or fish for a quick weeknight meal. This sauce will soon become a go to for easy and delicious meals. It is low in calories and fat, without sacrificing on flavor.

4

cloves garlic, shredded, use Cone #1

¹?₂

cup

sweet onions or Vidalia onions, strung, use Cone #2

(80

g)

2

cups

artichoke hearts, packed in water, drained and chopped into small pieces

(330

g)
1
lemon, zested, use Cone #1
1
cup
white wine
(240
ml)
1
tablespoon
arrowroot powder
(8
g)
1¹?₂
cups
vegetable stock
(350
ml)
1¹?₄
cup
fresh basil leaves, chopped
(11
g)
1¹?₄
cup
fresh parsley leaves, chopped
(11
g)
1¹?₂
teaspoon
natural salt
(3
g)
freshly ground pepper, to taste
1¹?₄
cup
Pecorino Romano cheese, shredded, use Cone #1
(25
g)

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled in skillet skitter and dissipate, approximately 7 - 9 minutes, add garlic and onions. Sauté for 1 minute, stirring constantly to prevent burning.
2. Add artichoke hearts and sauté for 3 - 5 minutes until liquid has evaporated and artichoke hearts start to brown lightly.
3. Add lemon zest and white wine.
4. In a small bowl, thoroughly mix together arrowroot powder

and vegetable stock. Pour mixture over sautéed vegetables and cook for 2 - 3 minutes until it begins to thicken.

5. Add basil, parsley, salt, pepper and cheese. Stir to combine.
6. Serve sauce warm.

Tips:

- Add in additional fresh herbs, such as thyme and parsley.
- Substitute fresh basil with 2 teaspoons of dried basil.
- If you are pairing this with a chicken dish, substitute chicken stock with vegetable stock.
- Cornstarch may be substituted for arrowroot powder.

Nutritional Information per Serving

Calories:

93

Total Fat:

1g

Saturated Fat:

1g

Cholesterol:

4mg

Sodium:

513mg

Total Carbs:

11g

Dietary Fiber:

4g

Sugar:

2g

Protein:

4g