

## 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:

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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)  
1 1/2 cups  
vegetable stock  
(350  
ml)  
1/4 cup  
fresh basil leaves, chopped  
(11  
g)  
1/4 cup

fresh parsley leaves, chopped

(11

g)

$\frac{1}{2}$  teaspoon

natural salt

(3

g)

freshly ground pepper, to taste

$\frac{1}{4}$  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** 11g

**Carbs:**

**Dietary Fiber:** 4g

**Sugar:** 2g

**Protein:** 4g