



Spring Recipe II

Spiral Pasta with Lemon-Pepper Braised Baby Artichokes & Spring Peas (See polenta variation.)

Makes 4 servings or 4 to 4 1/2 cups

In Italian outdoor markets, the stems are left on the artichokes. An extension of the hearts, they can measure a foot long and taste wonderful.

5 to 8 baby artichokes, 3/4 to 1 pound (or 2 medium or 1 very large artichoke)

Cooking broth: 1/2 inch water with 2 tablespoons lemon juice and a bay leaf

3 quarts water

1/2 pound spiral pasta (also called fusilli, rotini, or corkscrew pasta), whole wheat durum (or with flax), brown rice, quinoa with corn, spelt, kamut, etc.

2 teaspoons olive oil

1 large onion, sliced

4 large cloves garlic, pressed

1/2 teaspoon sea salt

1 teaspoon freshly-ground black pepper

8 pitted kalamata or other black olives, sliced in quarters

1 tomato, sliced

1/2 cup spring peas, shucked

Outermost part of peel of half a lemon, very thinly sliced

1 teaspoon *each* minced fresh rosemary and oregano; or 1/2 teaspoon dried herbs

1/2 cup *each* white wine and water or vegetable stock

2 teaspoons thickener (kuzu root starch or arrowroot powder)

1 1/2 tablespoons lemon juice

1/4 cup parsley, chopped for garnish

1. To prepare artichokes, peel stems, pull off and discard bottom leaves, and cut off top 1 or 2 inches of leaves (3 inches for larger chokes). Halve artichokes lengthwise, and with a teaspoon, scoop out and discard hairy interior section. Cut halves in quarters or sixths for larger chokes.) Boil in cooking broth for 10 minutes, or pressure cook for 5 minutes.

2. In a 4-quart pot, bring water to boil for pasta. Add pasta and cook until tender, 15 to 20 minutes for whole wheat, spelt or kamut varieties (yields 5 to 6 cups), 10 minutes for quinoa-corn pasta (yields 4 cups), or 10 to 15 minutes for brown rice pasta (yields 3 cups).

3. Meanwhile, heat oil in a wide skillet. Add onion, garlic, salt and pepper. Cover to soften, about 5 minutes, stirring once or twice. Add remaining ingredients, except thickener and garnish. Bring to boil and simmer 5 minutes more, then place artichokes on top of vegetables and cook several minutes more.

4. Place pasta in bowls and top with vegetables. Thicken cooking juices by adding to pot arrowroot or kuzu/lemon juice mixture. Heat through, stirring to form a saucy texture.



Pour sauce over pasta and vegetables, and garnish to serve.

*Variation: **Polenta with Lemon-Pepper Braised Baby Artichokes & Spring Peas:***

Substitute soft polenta for pasta. Soak 1 cup polenta in 4 cups water for several hours.

Drain remaining water into measuring cup, take note of amount, and discard water.

Bring that amount of fresh water to boil in a 3-quart pot with 1 teaspoon olive oil and ¼ teaspoon sea salt. Add polenta and stir with a whisk. Bring to boil, then simmer covered until thick and creamy, about 15 minutes. Makes 3¾ cups. Spoon polenta on individual plates and top with artichoke mixture.

For 4 servings, per serving:

Calories: 351 Protein: 13gm Saturated Fat: 0.5gm Fiber: 15gm Carbohydrates: 61gm Fat: 5gm Cholesterol: 0 Sodium: 377mg

Calories from Protein: 15% Calories from Fats: 13% Calories from Carbohydrates: 71%

Notes: With 3 teaspoons oil and 12 olives, sodium content is 433 and calories from fats are 17%.