

Eat Happy Kitchen  
Anna Vocino

# **DAIRY FREE “PARMESAN” NUT TOPPING & BAKED ARTICHOKE HEART CASSEROLE**

*(Serves 3-4)*

## **DAIRY FREE “PARMESAN” NUT TOPPING**

*(Yields 1 packed cup)*

- 1 cup raw pecan halves (or raw nut of your choice)
- 3 tablespoons nutritional yeast
- 1 teaspoon minced garlic
- 1/2 teaspoon salt

Place all ingredients in a food processor and pulse until grated and mixed.

## **BAKED ARTICHOKE HEART CASSEROLE**

*(Serves 3-4)*

- 2 12-ounce jars artichoke hearts in olive oil, drained of excess oil
- 3/4 cup water chestnuts, drained and loosely chopped
- Dairy Free “Parmesan” Nut Topping (see above)
- 1 teaspoon dried oregano
- 2 tablespoons olive oil, for drizzling

Preheat oven to 400 degrees. Slice off and discard the top 1/4" rough tops of artichoke hearts. In an 8"x8" casserole, toss the artichoke hearts and water chestnuts with half of the Dairy Free "Parmesan" Nut Topping. Evenly spread remaining half of the Dairy Free "Parmesan" Nut Topping over the top of the casserole dish. Sprinkle with the dried oregano, then drizzle olive oil over the top. Bake in oven uncovered for 30 minutes, until fragrant and starting to brown on top. Serve immediately.

*\*Recipe and photo originally published for subscribers at [annavocino.substack.com](http://annavocino.substack.com).*