Eat Happy Kitchen
Anna Vocino

ARTICHOKE HEART PARM BITES

(Yields 24 bites)

- 1 can artichoke hearts or artichoke bottoms, drained and patted dry
- 1 1/2 cups freshly grated parmesan cheese
- 1/2 cup mayonnaise
- Juice of 1/2 lemon
- 1/2 cup Eat Happy Kitchen Puttanesca or Arrabbiata, heated for dipping sauce

Preheat the oven to 350 degrees. Cut any rough tops off of the artichoke hearts, discard, then quarter the remaining soft artichoke hearts into bite-sized pieces.

In a mini muffin tin, place a base of grated parmesan into each cup, then place an artichoke piece and top with the remaining grated parmesan cheese.

Bake in the oven for 15 minutes, until cheese is firm and starting to brown. Remove from the oven and let cool 5 minutes. Using a small spatula or knife, pop out the artichoke parm bites and put onto a serving plate.

Whisk together mayonnaise and lemon juice into a dipping sauce. Serve the artichoke parm bites with the lemon mayo dipping sauce as well as a small bowl of heated Eat Happy Kitchen Puttanesca or Arrabbiata, heated for dipping.

**Recipe originally published for Substack newsletter subscribers at annavocino.substack.com.*