

Artichoke Hearts with Lemon-Mint Dressing

This simple, easy and extremely tasty salad will be as much of a hit at your home as it is in the restaurant. The flavors are common to the entire Mediterranean region and will go with nearly any cuisine, including Mexican, Caribbean or by the side of a barbecued steak.

This is best after the artichokes have had a couple of hours to marinate.

2 can (14oz) artichoke hearts, drained
1/3 cup extra-virgin olive oil
1/3 cup fresh lemon juice
1/3 cup fresh spearmint leaves, chopped
1 Tbs garlic, minced
1/2 tsp salt
6 ounces mixed greens

Procedure

- Soak the drained artichoke hearts in a half gallon of cool water for 10 minutes. Drain and then rinse them off.
- Mix the oil, juice, mint, garlic and salt in a bowl. Add the artichokes and marinate for at least 2 hours.
- Place the artichokes on a bed of greens. Garnish with mint. Serve.

Yield: 4-6 portions