

SIDE DISH

Baby Artichoke Sauté with Basil-Asiago Breadcrumbs

29 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$2.22	158 kcal

The recipe Baby Artichoke Sauté with Basil-Asiago Breadcrumbs can be made in around 45 minutes. One portion of this dish contains around 8g of protein, 7g of fat, and a total of 158 calories. For \$2.22 per serving, this recipe covers 6% of your daily requirements of vitamins and minerals. This recip...

Ingredients

- ☐ 2 tablespoons grated fresh Asiago cheese
- ☐ 0.1 teaspoon freshly ground black pepper
- ☐ 1 tablespoon finely chopped fresh basil
- ☐ 1 tablespoon fresh lemon juice
- ☐ 2 tablespoons reduced-fat mayonnaise
- ☐ ¼ cup panko (Japanese breadcrumbs)
- ☐ 2 tablespoons fat-free sour cream
- ☐ 1½ pounds baby artichokes (about 12)
- ☐ 1½ teaspoons butter, divided
- ☐ 1 garlic clove, minced
- ☐ 2 teaspoons fresh lemon juice
- ☐ 1½ teaspoons olive oil
- ☐ 0.1 teaspoon salt
- ☐ 6 cups water

EQUIPMENT Bowl, Frying pan

Method

- 1 Heat a large nonstick skillet over medium-high heat.

- 2 Add 1 teaspoon butter to pan, swirling to coat; heat 10 seconds or until foam subsides.
- 3 Add panko and garlic to pan; saut 1 minute or until panko is lightly browned, stirring frequently.
- 4 Place panko mixture in a small bowl; cool slightly. Stir in cheese, basil, and pepper.
- 5 Combine mayonnaise, sour cream, and 2 teaspoons juice; set aside.
- 6 Combine 6 cups water and 1 tablespoon juice. Working with 1 artichoke at a time, cut off stem of artichoke to within 1 inch of base; peel stem.
- 7 Remove bottom leaves and tough outer leaves from artichoke, leaving tender heart and bottom. Trim about 1 inch from top of artichoke.
- 8 Cut artichoke in quarters.
- 9 Place artichoke quarters in lemon water. Repeat procedure with the remaining artichokes.
- 10 Heat pan over medium-high heat.
- 11 Drain artichokes, and pat dry.
- 12 Add remaining 1/2 teaspoon butter and oil to pan, swirling to coat bottom of pan; heat 15 seconds or until foam subsides.
- 13 Add artichokes to pan; saut 7 minutes or until tender, stirring frequently. Stir in salt.
- 14 Sprinkle panko mixture over artichokes; toss gently to combine.
- 15 Serve with sauce and lemon wedges, if desired.

Nutrition per serving

	158 KCAL	8 g PROTEIN	7 g FAT	23 g CARBS
Saturated Fat				2.5 g · 15% of daily needs
Fibre				9.4 g · 38% of daily needs
Sugar				3.9 g · 4% of daily needs
Sodium				443 mg · 19% of daily needs
Cholesterol				10.4 mg · 3% of daily needs
Vitamin C				6.2 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/baby-artichoke-saute-with-basil-asiago-breadcrumbs-146467