

# Crispy "Fried" Artichoke Hearts

THM-Friendly: FP

Ya'll. THESE ARE AWESOME! So much flavor and so crispy.

I'm in LOVE. This recipe is single serve.

- one can quartered artichoke hearts
- 1 egg white
- 1/4 cup Hubby Lovin' Seasoning, Trim Healthy Table Cookbook page 218

Drain artichoke hearts completely. Pat dry with a paper towel. Add to a bowl with one egg white and toss. Remove any excess egg white that is not sticking to the artichokes. Toss in the Hubby Lovin' Seasoning to coat well. Add to air fryer and cook 8-10 minutes at 390°, or until perfectly crisp.

You can make a super simple dip for these from a little non-fat Greek yogurt, a couple of dashes of hot sauce, and some creole seasoning (amount to your liking). SOOOOOO good. Or make a ranch dip using Rhonda's Ranch seasoning mix (Trim Healthy Cookbook page 492) with non-fat Greek yogurt.

enJOY!

