



HOLIDAY APPETIZER - December 2014

Prosciutto-Wrapped Artichoke Hearts - makes 16 servings

Skip the chips and dip, cookies and other snacking pitfalls for your next holiday gathering and serve these delicious crowd-pleasing appetizers. The dish is tasty, full of flavor, *and* kind to the waistline, but don't let that deter you from serving it. Your guests will love them and so will the host when you present this appetizer. For variety, wrap some baby mozzarella balls with prosciutto, too. Great tasting olive oil and vinegar are a must for this dish – don't skimp. Try locally grown Calolea brand olive oil and vinegar, which can be found at Foothills Farmers Markets, some grocery stores and *here*. Happy holidays and cheers to healthy eating.



Ingredients:

- 8 whole artichoke hearts, packed in water
- 4 ounces prosciutto slices
- 1/4 cup extra virgin olive oil
- 2 T. white balsamic vinegar
- 1 tsp. dried Herbs de Provence or Italian seasoning
- Salt and pepper to taste
- Toothpicks (16)



Instructions:

Drain water from artichoke hearts, slice in half and place them on top of paper towels to dry.

Mix together olive oil, vinegar and seasonings.

Cut prosciutto slices in half on the long end and lay them side-by-side. Place an artichoke half on one end of a prosciutto slice and roll it up. Secure with a toothpick. Continue until finished.



Put the wraps in a glass baking dish and pour all but 2 T. of the dressing over each one to marinate. Cover with plastic wrap and store in the refrigerator for 1-2 hours, or overnight.

When ready to serve, arrange the wraps on a serving tray. With a spoon, drizzle the remaining dressing over the wraps.

Nutritional Analysis: This is a low-carb healthy appetizer dish containing approximately 40 calories per wrap, 3 grams of protein, 1 gram of carbohydrate, and 3 grams of fat. Enjoy on any of the Key Diets.