

BAKED BROCCOLI & ARTICHOKES

Serves 3-4

Ingredients

1 head broccoli, cut into florets (about 4 cups)
extra-virgin olive oil
Kosher salt and black pepper
2 15oz cans quartered artichoke hearts in water, drained
½ C low-sodium broth
2 TBS drained capers
2 TBS unsalted butter, melted
5 garlic cloves, thinly sliced
½ C GF panko bread crumbs
2 TBS chopped fresh dill
Juice of 1 lemon



Directions

1. Heat oven to 400 degrees. In a large baking dish, combine broccoli florets and 1 tablespoon oil and season with salt and pepper. Toss to evenly coat, spread broccoli in an even layer.
2. In a large bowl, combine artichokes, broth, capers, butter, garlic and 2 tablespoons oil and season with salt and pepper. Gently toss, then spoon mixture over broccoli and sprinkle panko over everything. Bake for 30 to 35 minutes.
3. Top with lemon juice and fresh dill and enjoy!