



Grilled Artichoke Hearts

INGREDIENTS

2 cans of artichoke hearts; cut in half
1 Tablespoon melted butter
¼ cup juice from fresh lemons
½ Tablespoon black pepper
½ Tablespoon salt
½ Tablespoon garlic powder

DIRECTIONS

Combine melted butter with pepper, salt, and garlic in a large bowl. Add artichoke halves. Toss until covered with butter and spice mixture. Place artichokes on grill with cut side UP until visible "grill marks" appear. Flip and grill for another minute. Remove from grill and drizzle with fresh lemon juice. Serve hot or cold. Makes 4 servings at 100 calories each.