

Deborah's Artichoke Barigoule

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Serves: 4-6

Ingredients:

- 1 cup red onion, thinly sliced
- 1 cup carrot, julienne sliced
- 1 cup zucchini, julienne sliced
- 1 cup pitted olives of your choice
- 1 cup red and orange bell peppers, sliced
- 12 oz. jar of artichoke hearts, drained
- 2 tsp. garlic, minced
- 2 tsp. capers, drained
- ½ cup dry white wine
- 2 tbsp. olive oil
- ½ cup parsley, roughly chopped
- 2 lemons for zest and sliced
- 8 oz. penne pasta, cooked in boiling salted water 12 minutes
- salt and pepper to taste

1. Heat 2 tbsp. olive oil in heavy pot or dutch oven over medium-low heat with lid on. Add the onions and carrots and a pinch of salt & pepper and cook until tender, about 5 minutes.
2. Add the artichokes, zucchini & peppers and cook another 4 minutes with lid off.
3. Add the olives, garlic, capers and white wine. Cook 4 more minutes.
4. Garnish with the zest of one lemon, lemon wedges, and chopped parsley.
5. Serve over penne pasta and garnish with lemon slices, lemon zest and chopped parsley.

Notes: If you don't need a vegan dish, you might like to add Parmesan cheese on top. If you like anchovies, you could mash a can of those and stir in when you add the capers. It can be served as a great side dish for fish or meat.