
Artichoke Nibbles

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 12

2 jars (6 ounce ea) marinated artichoke hearts

1 small onion, chopped

1 clove garlic, minced

4 eggs

1/8 teaspoon pepper

1/4 to 1/2 teaspoon salt

1/4 teaspoon oregano

dash Tabasco sauce

2 teaspoons minced parsley

1/4 cup crushed saltines

1/2 cup grated Old English cheese

Drain the artichokes reserving the marinade from the jar to place in the skillet. Saute' the onion in the skillet until limp. Add the garlic,

In a bowl, beat the eggs and add in order the seasonings, chopped artichokes, cheese and cracker crumbs. Place in a greased 7x11-inch baking dish and spread evenly.

Bake at 325 degrees for 30 minutes.

Cool and cut into squares.

Appetizers

Per Serving (excluding unknown items): 33 Calories; 2g Fat (53.4% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 71mg Cholesterol; 82mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat.