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# Mushrooms and Artichoke Hearts in Honey Mustard Vinaigrette

*Patricia Hinde Wendt*

*Party Recipes from the Charleston Junior League - 1993*

**1/3 cup balsamic vinegar**  
**1 tablespoon honey**  
**1 tablespoon Dijon or stone ground mustard**  
**1/2 teaspoon salt**  
**1/8 teaspoon pepper**  
**2/3 cup vegetable oil**  
**1 pound small to medium-size fresh mushrooms**  
**1 can (14 ounces) artichoke hearts, drained and halved**

Prepare the vinaigrette: Combine the vinegar, honey, mustard, salt and pepper in a small bowl. Mix well.

Clean the mushrooms and cut off the ends of the stems. Place the mushrooms and artichokes in a one-quart dish. Pour the vinaigrette over the vegetables and toss lightly to coat.

Refrigerate for 3 to 5 hours, tossing occasionally.

To serve, drain off the marinade and pass with toothpicks.

Yield: 8 - 10 servings (one quart)

## **Appetizers**

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*Per Serving (excluding unknown items): 1391 Calories; 144g Fat (90.2% calories from fat); 3g Protein; 32g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1147mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fruit; 29 Fat; 1 Other Carbohydrates.*