

Artichoke Pie

Carolyn Greenlaw

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Yield: 1 nine-inch pie

*4 or 5 cloves fresh garlic,
minced*

1 medium onion, sliced

2 tablespoons butter

3 large eggs

1 cup whipping cream

*1/2 cup grated Parmesan
cheese*

salt (to taste)

pepper (to taste)

1 can (8-1/2 ounce)

artichoke hearts

1 unbaked pie shell

Preheat the oven to 400 degrees.

In a skillet, saute' the onion and garlic in butter until soft and golden (do not brown).

In a bowl, beat the eggs. Add the half-and-half, Parmesan, salt, pepper and garlic/onion mixture.

Drain and cut the artichokes into quarters. Add to the egg mixture. Gently pour into the pie shell.

Bake about 45 minutes until set.

Serve warm or cold, as an entre' or an appetizer.

Per Serving (excluding unknown items): 1529 Calories; 138g Fat (80.1% calories from fat); 45g Protein; 32g Carbohydrate; 7g Dietary Fiber; 1056mg Cholesterol; 1363mg Sodium. Exchanges: 4 1/2 Lean Meat; 4 Vegetable; 1/2 Non-Fat Milk; 24 1/2 Fat.