

# Penne with Artichokes

*Hilarie Migala*

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*1 package (10 ounce)  
frozen artichokes  
1 1/4 cups water  
2 tablespoons lemon juice  
5 cloves garlic, minced  
2 tablespoons olive oil,  
divided  
2 small dried hot red  
peppers, crushed  
2 tablespoons chopped  
parsley  
1/4 teaspoon salt  
1/4 teaspoon pepper  
3/4 cup fresh bread crumbs  
1 tablespoon chopped garlic  
12 ounces uncooked  
penne, hot cooked and  
drained  
1 tablespoon grated  
Romano cheese*

In a medium saucepan over medium heat, cook the artichokes in water and lemon juice until tender. Cool the artichokes, then cut into quarters. Reserve the artichoke liquid.

In a large skillet over medium heat, cook and stir the five garlic cloves in 1-1/2 teaspoons of oil until golden. Reduce the heat to low. Add the artichokes and tomatoes. Simmer for 1 minute. Stir in the artichoke liquid, red peppers, parsley, salt and pepper. Simmer for 5 minutes.

Meanwhile, cook and stir the bread crumbs and one tablespoon of chopped garlic in the remaining 1/2 tablespoon of oil.

Pour the artichoke sauce over the penne in a large bowl. Toss gently to coat. Garnish with bread crumbs and cheese.

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Per Serving (excluding unknown items): 451 Calories; 31g Fat (59.0% calories from fat); 10g Protein; 38g Carbohydrate; 7g Dietary Fiber; 8mg Cholesterol; 876mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 6 Fat.