



**WEIGHT ★ NO ★ MORE
DIET CENTERSM**

www.weightnomoredietcenter.com

Oakhurst, NJ
732.663.0222

Marlboro, NJ
732.536.2027

Brooklyn, NY
718.998.8898

Cedarhurst, NY
516.569.6400

STUFFED ARTICHOKE HEARTS w/CELERY SAUCE **Advanced Lifestyle**

Ingredients for the filling:

8 artichoke hearts, canned or frozen	½ pound ground chicken
1 TBS oil	1 stalk celery, finely chopped with leaves
non-stick cooking spray	2 TBS warm water
1 small onion, peeled and sliced	2 TBS light mayonnaise
1 small leek, sliced	pinch salt and pepper, to taste
2 cloves garlic, peeled and finely minced	

Instructions for the celery sauce:

1 TBS olive oil	1 TSP paprika
non-stick cooking spray	1 TBS soy or regular flour
2 leeks	2 TBS warm water
1 small onion, peeled	3 TBS dry white wine
2 cloves garlic, peeled and minced	1-3 TBS water, as needed
3 stalks celery, thinly sliced	pinch salt and pepper, to taste

Instructions for the filling:

1. Using a deep skillet, heat the oil together with cooking spray over medium heat for a few seconds. Add the leeks and onions; stir and lower heat. Cook until the leeks and onions start to brown, stirring occasionally. Add garlic and water; the mixture will start to brown.
2. Add ground chicken; continue to stir and break up the meat until browned. Remove from heat and mix in rest of filling ingredients. Refrigerate until ready to use.
3. Using the same skillet, braise artichoke hearts on both sides, using additional spray, until they are browned. Fill each artichoke heart with 2 TBS of chicken filling.

Instructions for the celery sauce:

Heat oil and non-stick spray in the skillet over medium heat. Prepare leeks, onion and garlic as above. Add celery and paprika. Mix flour with water until all lumps are gone, and add to the mixture with wine. Bring to a boil, stirring constantly. Boil for 2 minutes, and then lower heat and simmer until vegetables are soft, stirring every few minutes. Season to taste. If mixture is too thick, add more water. When ready to serve, spread small amount of celery sauce on a plate, top with stuffed artichoke heart, and cover with more sauce.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 2 hearts (with 2 TBS chicken filling each + 1 TBS celery sauce each) = ½ P, 1-1/2 V, ½ FT