



ARTICHOKE-MUSHROOM *Appetizer*

4 servings

3 tbsp	PASTENE Pure Olive Oil	45 mL
½ lb	fresh mushrooms, cleaned and quartered (or 15-oz can PASTENE Straw Mushrooms, drained)	250 g
2	dry shallots, chopped	2
1	garlic clove, chopped	1
1	can (14 fl. oz/398 mL) PASTENE Artichoke Hearts, drained and quartered	1
2 tbsp	fresh parsley, chopped	30 mL
2 tbsp	juice of ¼ lemon	30 mL
2 tbsp	PASTENE Grated Parmesan Cheese	30 mL
	salt and pepper	

- Heat oil in skillet over medium heat. Add mushrooms, shallots and garlic; season well. Cook 4 minutes over high heat.
- Add artichokes and parsley; cook 3 minutes over low heat. Sprinkle in lemon juice and cheese. Mix and serve hot, decorated with Parmesan.