



Ashley's Meal Prep Monday!

Air Fryer Crispy Artichokes



INGREDIENTS

1 whole can artichoke hearts in water

1 TBSP olive oil

½ TSP garlic powder

¼ TSP salt

¼ TSP pepper

½ TSP dried oregano

2 TBSP aarowroot powder

2 TBSP finely grated DF

parmesan

Garlic Aioli:

½ cup mayo

2 cloves garlic, minced

1 TBSP chopped basil

1 TSP lemon juice

½ TSP salt

Preheat airfryer at 400 for 5 minutes. While preheating, remove artichoke hearts from the can and cut in half (if they aren't already that way) - they're delicate so handle with care!

Lay a couple of paper towels on the counter and place the artichoke halves face down on the paper towels to absorb moisture. Add the artichoke hearts to a bowl and drizzle in oil. Add in the garlic powder, salt, pepper and oregano. Gently stir to coat well. Add aarowroot powder and stir again until coated. Finally, add in parmesan and stir a final time.

Spray airfryer basket with oil and arrange artichoke hearts evenly spaced out inside the basket. Cook for 5 minutes, then flip each one over and cook an additional 5 minutes.

While cooking, whisk together all ingredients in a small bowl for the aioli and enjoy!

Recipe idea: everylastbite.com

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