



## WEEKNIGHT WORTHY

Looking for a low-maintenance side? (Re)consider the artichoke

### Artichokes with Parmesan-Black Pepper Yogurt

ACTIVE 15 MINUTES TOTAL 45 MINUTES

**4 SERVINGS** Any sharp, salty cheese will work in this dip; try Pecorino or feta.

- 1 Tbsp. finely grated lemon zest
- 3 Tbsp. fresh lemon juice, divided
- 4 large artichokes, trimmed  
(see method, below)
- $\frac{1}{2}$  cup finely grated Parmesan
- $\frac{1}{2}$  cup plain yogurt
- 2 Tbsp. olive oil
- Kosher salt, freshly ground pepper

Place a metal steamer basket in a large saucepan and pour in water to a depth of 2". Add 2 Tbsp. lemon juice. Bring water to a boil, then add artichokes. Cover, reduce heat, and simmer artichokes until stems and hearts are easily pierced with a paring knife, 30–40 minutes.

Meanwhile, blend Parmesan, yogurt, oil, lemon zest, remaining 1 Tbsp. lemon juice, and 3 Tbsp. water in a blender until smooth; season with salt and a generous amount of pepper. Serve artichokes with yogurt sauce for dipping.

CALORIES 220 FAT 13 G FIBER 7 G



### MASTER THE ARTICHOKE

Artichokes seem intimidating, but **looks can be deceiving**. Prepping whole artichokes is no more involved (and might even be quicker) than peeling carrots or washing greens: Trim the stem and the top 1" with a serrated knife and snip off the tips of the remaining leaves with kitchen shears. Tearing off the leaves one by one, dunking in the dip, and scraping out the meat with your teeth is only half the fun. Then use the side of your knife to remove the fuzzy choke, and enjoy eating the meaty heart—a prize for the courageous.





## DO DOUBLE DUTY

This flavor-packed marinade just doesn't quit. Here, we cook it down into a syrupy glaze for chicken

### Soy-Glazed Chicken Thighs with Asparagus and Scallions

ACTIVE 1 HOUR TOTAL 1 HOUR AND 35 MINUTES

**4 SERVINGS** A little bit of sweetness makes these especially appealing to pint-size palates.

- 2 tsp. aniseed
- 4 garlic cloves, finely chopped
- ¼ cup fresh lime juice, plus wedges for serving
- ¼ cup reduced-sodium soy sauce
- 2 Tbsp. honey
- 8 chicken thighs (about 4 lb.)
- 1 bunch asparagus (about ¾ lb.), trimmed

- 2 bunches scallions, trimmed
- 2 Tbsp. vegetable oil
- Kosher salt, freshly ground pepper
- ½ cup fresh cilantro leaves with tender stems

Toast aniseed in a small dry skillet over medium heat, tossing, until fragrant, about 2 minutes. Let cool; finely chop.

Whisk garlic, lime juice, soy sauce, honey, and aniseed in a large bowl. Add chicken and toss to coat. Let sit at least 30 minutes.

Preheat oven to 450°. Transfer chicken and marinade to a foil-lined rimmed baking sheet, placing chicken skin side down.

Roast until fat begins to render, 15–20 minutes. Turn chicken skin side up and continue to roast, basting occasionally with pan drippings, until chicken is cooked through and deeply browned, 15–20 minutes longer.

After turning chicken, toss asparagus and scallions with oil on another rimmed baking sheet; season with salt and pepper. Roast, shaking pan halfway through, until tender, 10–15 minutes (thinner stalks will cook more quickly).

Transfer chicken to a platter. Pour any pan juices into a glass measuring cup. Let sit a few minutes, then spoon off fat from surface.

Spoon pan juices over chicken and serve with asparagus, scallions, cilantro, and lime wedges.

**DO AHEAD:** Chicken can be marinated 1 day ahead. Cover and chill.

CALORIES 690 FAT 25 G FIBER 4 G

Marinate the chicken ahead to save time on a weeknight.

