

# Baby Yukon Gold Potatoes & Artichokes

**Serves 6**

I love potatoes with chicken and in spring, this simple dish showcases young potatoes and artichokes. The artichokes cook more quickly than the potatoes, so they are sauteed, then removed and added back during the last five minutes of cooking.

**10 to 12 baby artichokes**

**1 lemon, halved**

**1½ tablespoons extra virgin olive oil + more as needed**

**1 teaspoon coarse sea salt or kosher salt**

**1 pound baby Yukon gold potatoes**

**½ to 1 cup chicken broth**

**Instructions:** Cut off the upper one-third and stem of each artichoke. Break off the leaves until you reach the inner layers, which are pale yellow. Trim the bottom and cut the artichoke in half lengthwise. Rub the cut edges with lemon and put in a bowl of water. Continue until all the ar-

tichokes are ready.

Remove artichokes from the water and pat dry with a towel. In a saute or frying pan, heat the olive oil over medium-high heat. When it is hot, add the artichokes, sprinkle with half the salt and saute until the edges start to turn golden, about 5 to 7 minutes. Remove to a bowl. Put the potatoes in the saute or frying pan, adding more oil if necessary. Saute the potatoes, turning often, until they begin to change color slightly, about 5 minutes. Add enough broth to go up a  $\frac{1}{2}$  inch in the pan, cover and reduce the

heat to low. Cook, turning several times, until the potatoes can be easily pierced with a knife, about 20 minutes, and most of the broth has been absorbed. Add the artichokes, and if needed, a little more broth. It shouldn't be soupy, but enough to prevent burning.

Cover and cook until the artichokes are heated through, about 5 minutes.

Remove to a bowl and serve hot.

**Per serving:** 105 calories, 3 g protein, 16 g carbohydrate, 4 g fat (1 g saturated), 0 cholesterol, 392 mg sodium, 3 g fiber