

## Lemony Artichoke, Carrot and Potato Stew

*This is a classic dish from the Greeks who lived in Constantinople, Turkey (now Istanbul), who were well-known as excellent cooks. A perfect example of a nutritious meal, it is rich in Vitamin C, A, fiber and potassium. Serve it with crusty bread to collect all the delicious juices.*

**Yield:** 6 servings

**Serving Size:** 1 cup

### Ingredients:

- ¼ cup olive oil
- 2 large yellow onions, peeled, halved and sliced thinly
- 1 small bunch green onions, chopped (white and green parts)
- 4 medium russet potatoes, peeled and cut into 1-inch chunks
- 3-4 cups boiling water
- salt and pepper to taste
- 2 medium carrots, peeled and sliced into ½ inch rounds
- Juice of 2-3 lemons (about ¼ cup)
- 8 ounces of frozen artichokes (cut in half) or artichoke bottoms (cut in fourths), defrosted
- 2-3 Tablespoons fresh dill, chopped
- 1 tablespoon flour or cornstarch

### Instructions:

1. Heat a pot over medium high heat. Add olive oil, yellow and green onions and sauté until onions are softened.
2. Add potatoes to the onions and sauté for a few minutes. Add boiling water, salt and pepper to taste and bring to a boil. Add carrots and cook until all vegetables are almost done, about 15-20 minutes. Add lemon juice and artichokes and bring to a boil and cook another 10-15 minutes until artichokes are tender. Add dill and mix well.
3. Mix cornstarch or flour with a little cold water in a small bowl. Add this mixture to the pot and bring back to a boil, stirring constantly until sauce is slightly thickened.

Per Serving: Calories 280 kcal, Carbohydrates 45g, Protein 6g, Sat Fat 1.5g, Sodium 440mg, Sugar 6g