

## Artichokes À la Polita

Submitted by Athena Burke

### Ingredients:

6 cans/jars of artichoke hearts  
2 bunches scallions, cut into 1 inch pieces  
1/2 cup olive oil  
1/2 cup water  
8 medium size carrots, peeled, sliced diagonally into 1/4 inch thickness  
4 potatoes, peeled, cut into quarters (bite size)  
1/2 bunch dill, chopped fine or 1 tbs. dried dill  
Salt and pepper to taste  
Juice of 1 lemon  
1 tbsp cornstarch  
1/4 cup cold water

### Vegetable Directions:

Drain and rinse artichoke hearts. Reserve the juice from one can/jar only.

Sauté scallions in oil

Add artichoke juice

Add water and carrots, potatoes

Lower heat and cook until carrots are tender

Add artichokes, dill, salt and pepper to taste

Cook 15 minutes over medium heat.

### Sauce Directions:

Add lemon juice and corn starch, diluted in 1/4 cup cold water

Cook 5 more minutes

Serve over rice pilaf (as a complete meal) or...

just eat as is, without rice, as a side dish!

Serves 18

*"And finally, did not the Lord Jesus Himself begin His divine ministry of the salvation of mankind with a long, forty day fast? And did not He, in this way, clearly show that we must make a serious beginning to our life as Christians with fasting? First, the fast, and then all the rest comes together with, and through, the fast".*

*Orthodox Gleanings*