

# ARTICHOKE SOUFFLE

## DAIRY

### INGREDIENTS

- 1/4 C** Smart Beat for cooking margarine
- 1/4 C** Whole Wheat flour **OR** Quinoa flour **OR** Potato starch
- 1 t** Dill Weed
- 1 C** Milk **OR** Almond milk **OR** Soy milk
- 1 t** Dill
- 1/4 t** Salt
- 1 Dash** Pepper
- 1 1/2 C** Reduced Fat cheese (grated)
- 2 T** Extra virgin olive oil
- 8 oz Can** Artichoke hearts (grained & quartered)
- 1/4 C** Red peppers (chopped)
- 4** Eggs (separated)
- 1/2 t** Cream of tartar
- Non-stick cooking spray



### COOKING INSTRUCTIONS

- 1 Preheat oven to 350
- 2 In a saucepan melt the margarine & flour or starch, dill weed, salt & pepper
- 3 Stir in milk & continue to stir constantly until the mix boils & thickens
- 4 Remove from heat & add the cheese stirring until the mix has melted the cheese
- 5 Saute the artichoke hearts, green onions & red peppers in a saute pan with the olive oil until the green onions are wilted
- 6 In a large bowl beat the egg whites & cream of tartar until stiff peaks form
- 7 In a separate bowl beat the yolks until they are a solid color
- 8 Gradually mix the cheese mix into the egg yolks
- 9 Pour the egg yolk/cheese mix over the egg whites & fold gently
- 10 Spray a 8" square pan or a round pie pan with the non-stick cooking spray
- 11 Spoon the artichoke mix into your pan
- 12 Pour the egg/cheese mix over the artichoke mix
- 13 Bake 45 minutes or until a knife comes out clean & the color is golden

### OPTION

If you would like a firmer base, you can make a pie crust & bake it for 10 minutes at 400 degrees or until lightly browned **OR** use a pre-made pie shell