

## Artichoke Squares

- 2 170 g jars artichoke hearts marinated in oil
- 2 T olive oil {Optional if not using heart marinated in oil}
- 1 small yellow onion, finely chopped
- 1 clove garlic, minced
- 4 eggs
- 15 g panko
- 1/8 tsp each black pepper and dried oregano
- 1/8 tsp hot red pepper sauce, if desired
- 227 g cheese (Mixed cheddar and Swiss)

### Instructions

1. Preheat oven to **180°C**.
2. Drain **artichoke hearts** and chop fine. If using hearts marinated in oil, reserve 2 T of the oil.
3. Heat the 2 T of the reserved **oil or 2 T of olive oil**, in a small skillet over moderate heat.
4. Add the **onion** and **garlic**, and cook, stirring frequently, until soft, **about 5 minutes**.
5. Add the chopped **artichoke hearts** and sauté with **onion** and **garlic** for an additional minute. Remove from heat and **cool for about 5 minutes**.
6. In a medium bowl, beat the **eggs** until frothy.
7. Stir in the **breadcrumbs, seasonings, cheese**, and **artichoke, onion, garlic mixture**. Pour into greased 23 cm x 23 cm baking pan.
8. **Bake for 30 minutes** or until lightly browned.
9. **Cool for 10 minutes**, then cut into 2.5 cm *[if serving as an appetizer]* or 8 cm *[if serving as an entrée]*. Will keep, tightly covered and refrigerated for 2 days.



### Notes

Can be wrapped in heavy duty foil and frozen for up to one month.