



Elliott Evans Nutrition, LLC  
Prevent and Protect  
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## POACHED EGGS, POLENTA, AND MARINATED ARTICHOKE

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Serves 4

- 6 artichoke hearts (8oz), quartered (fresh, jarred, or frozen and thawed)
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon red-wine vinegar
- 2 tablespoons freshly chopped parsley
- Red pepper flakes, to taste
- Coarse salt
- 1 Cup milk
- $\frac{3}{4}$  cup medium-grain polenta
- 2 tablespoons freshly grated Parmesan
- 4 large eggs

- In a bowl, combine artichokes, 2 tablespoons oil, vinegar, parsley, and pepper flakes. Season with salt and set aside.
- Bring milk and 3 cups water to a boil in a saucepan. Gradually add polenta and cook, stirring, until liquid is absorbed and polenta is tender, 18-20 minutes. Remove from heat and stir in remaining oil and Parmesan. Season with salt and pepper and cover. (If polenta becomes too thick, whisk in water by the tablespoon.)
- Fill a high-sided skillet with 2 inches water, bring to a boil, then reduce to a simmer. Crack one egg at a time into a teacup or small bowl and gently slide into simmering water. Repeat with remaining eggs. Cook until white is just set and yoke is still loose, 3-4 minutes.
- Remove eggs from water using a slotted spoon.
- Spoon polenta into serving bowls. Top with egg and sprinkle with artichokes.