

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

ARTICHOKE SALAD

Full of bold flavors, this salad is a great way to incorporate artichokes into a main meal. Not only will it delight your palate (we hope), but it can also help protect you against the ravages of [free radical stress](#).

How? Artichoke hearts help promote [detoxification](#) by supporting liver function; they also contain inulin, a carbohydrate which can help [diabetic](#) patients improve their blood sugar levels. Onions contain compounds that help improve prostate health, support the immune system and protect against cancer; they also are known to help lower [blood pressure](#) and blood sugar. Red bell peppers are full of beta-carotene, an important antioxidant for vision and eye health as well as immune system function; be sure to go [organic](#) with bell peppers, though, as they tend to be the highest in pesticides (if you choose to go with tomatoes, you'll get [lycopene](#), a powerful antioxidant). The [monounsaturated fat](#) in olives will help your body absorb beta-carotene (and lycopene).

As for taste, briny capers bring a salty flavor, and feta cheese adds piquancy without too much fat. For a main-dish salad, try adding cooked, chilled and flaked [wild Alaskan salmon](#) (canned is okay) or organic chicken breasts, cooked, chilled and cut into bite-sized pieces. Serves 4

- 2 cans or jars of artichoke hearts (unmarinated), drained and rinsed
- 1 to 2 medium-size [red bell peppers](#), diced; or 2 to 4 tomatoes, sliced into bite-size pieces
- 1 ½ Tbsp chopped red onion
- 1 to 2 teaspoons of capers
- 8 to 10 black olives, pitted and sliced
- 1 ½ Tbsp olive oil
- 1 ½ teaspoons lemon juice
- 1 Tbsp feta cheese
- 1 Tbsp chopped fresh parsley
- Chopped fresh oregano or dried oregano, to taste
- Black pepper, to taste

Slice artichoke hearts into halves or quarters and place into large bowl. Add remaining ingredients and combine well.