



Jerusalem Artichokes

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With Chives, Bacon and Baby Greens

RECIPE DEVELOPED FOR CANADIAN HEALTH

BY STEVE PITT

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PHOTOGRAPHY BY BERNARD CLARK

2 cups (500 mL) Jerusalem artichokes, lightly scrubbed and cut into 1-inch (2.5-cm)-square pieces
 1/4 oz (8 g) dried porcini mushrooms, soaked in boiling water and cut into 1/4-inch (1-cm)-long pieces
 1 strip thick reduced-sodium bacon
 1 small red onion, finely chopped
 1 tbsp (15 mL) extra-virgin olive oil
 4 chives, finely chopped (reserve flowers if present)
 4 oz (120 g) fresh mixed baby greens, rinsed and spun dry
 1/4 tsp (1 mL) sea salt
 Freshly ground black pepper to taste
 1 tbsp (15 mL) balsamic vinegar

1 Bring artichokes to a slow boil in cold water and cook until tender as you would potatoes, about 10 minutes. Drain well and reserve.

2 In a non-stick skillet over medium

heat, fry bacon until crispy. Remove bacon and dry thoroughly with a paper towel. Remove all but 1 teaspoon (5 mL) of fat from pan.

3 With skillet still on medium heat, add onion and olive oil, carefully scraping bacon residue from bottom with a wooden spoon.

4 When onion turns translucent, add artichokes, mushrooms and chives. Crumble in bacon and sauté mix about 2 minutes or until artichokes to begin turn a golden brown.

5 Place greens in a large bowl, add skillet contents and toss lightly. Add salt, pepper and vinegar.

6 Serve immediately.

Makes 4 servings

[Per serving] 130 calories, 4.5 g fat, 1 g saturated fat, 0 mg cholesterol, 3 g fibre, 4 g protein, 19 g carbohydrates, 160 mg sodium. Good source of vitamin A, potassium and fibre]

Badly named, well eaten

There is nothing either Jerusalem or artichoke about Jerusalem artichokes. The pink knobby tubers of a type of sunflower native to North America, they are also called sunchokes or sunroots. Their common name may be a corruption of the Italian word for sunflower, *girasole*, combined with a report by Samuel de Champlain, the venerable founder of Quebec, that their taste reminded him of artichokes. Whatever the origin of their name, these tubers make a good addition to your diet. Rich in iron, they also deliver potassium and vitamin C. The chokes contain an indigestible starch called inulin (no, not insulin). This prebiotic carbohydrate ferments in the intestines and supports the growth of benign probiotic bacteria that improve colonic health. Since the starch is not digestible by humans, the tubers are sometimes recommended as a potato substitute for people with diabetes. Like spuds, they make good soup and do well served au gratin. The downside is that inulin can produce intestinal gas. — *Diana Swift*

