

RECIPE

Artichoke & White Bean Skillet

🕒 10 MINUTES / SERVES: 1

A FAST, PROTEIN-FORWARD SKILLET with white beans, artichokes, and eggs that comes together in minutes and delivers serious nourishment.

INGREDIENTS

- 1 cup canned white beans, drained and rinsed
- 2 large eggs or ½ cup egg whites
- 1 cup artichoke hearts (frozen or canned), chopped
- 1 cup baby spinach or arugula
- ¼ cup cherry tomatoes (or sun-dried tomatoes)
- 1 tbsp extra-virgin olive oil
- 2 cloves garlic, minced
- Juice of ½ lemon
- Salt, pepper, red pepper flakes

OPTIONAL BUT GREAT

- 1 tbsp capers
- 2 tbsp parmesan (adds ~4 g protein + calcium)
- Fresh parsley



INSTRUCTIONS

- 1 **WARM** the skillet + sauté the garlic. Heat the EVOO in a medium skillet over medium heat. Add garlic and cook ~30 seconds, just to soften.
- 2 **ADD** the artichokes. Throw in the chopped artichoke hearts. Cook 2–3 minutes so they warm through and get a little color.
- 3 **STIR** in the white beans + tomatoes. Add beans, cherry tomatoes, salt, pepper, and a pinch of chili flakes. Cook another 2 minutes until the beans start to soften and soak up flavor.
- 4 **WILT** the greens. Add spinach or arugula and let it collapse into the mixture.
- 5 **MAKE** space + cook the eggs. Push the mixture to the edges of the pan to make room for eggs. Crack in 2 eggs (or pour in egg whites). Cover with a lid for 1–2 minutes until the eggs are cooked to your liking.
- 6 **FINISH** with lemon + optional extras. Squeeze in the lemon juice. Add parmesan or capers if you like that briny, savory pop. Taste and adjust seasoning.

NUTRITIONAL INFO PER SERVING

CALORIES

755

PROTEIN

43g