

# Tomato Artichoke Salad

by Scott Troyer

## The Story Behind This Recipe

Some time ago, I watched a TED talk by Dr. William Li called “Can We Eat To Starve Cancer?” Around that same time, Whole Foods was promoting a nutrition ranking system by Eat Right America called ANDI. I couldn’t help but notice the glaringly obvious similarities between Dr. Li’s list of cancer-fighting foods and the ANDI Superfoods list. So, I decided to change my diet to include more of these naturally healthy and delicious foods. That I already loved many of these foods didn’t hurt the cause either.

After returning from the supermarket with a load of super foods late one night (which is the perfect time to go grocery shopping), my appetite was... “heightened.” So, I decided to make a little snack using the ingredients I had just purchased. I quickly chopped up some stuff and threw it in a bowl. Honestly, I wasn’t expecting much because I didn’t give this concoction much thought, but I knew I had discovered something after that first bite. This recipe kind of feels like a home run – or maybe even a grand slam. It’s easy, fast, delicious, and healthy. You can’t ask for much more than that.

## Ingredients

6-8	campari tomatoes – quartered
1 (12 oz.)	jar marinated artichoke hearts – quartered
1/2 C.	flat leaf parsley – roughly chopped
3 cloves	garlic – crushed or finely minced
1 T.	dry or fresh oregano
1	lemon – zested and juiced
1 T.	olive oil
	sea salt & fresh cracked black pepper (to taste)

## Directions

In a large bowl, zest and juice the lemon over the garlic and oregano to kick start the marinating process. Pour the liquid from the artichokes in the bowl. Quarter the tomatoes and artichokes into similar size pieces and chop the parsley. Dress with some good olive oil and a little salt & pepper. Stir to combine. Allow the magic to marinate for as long as you can stand. Usually I can only wait about 10 minutes, but if you have patience you can prepare this recipe day ahead of time.

Serves 4-5 adults (or 1, if you’re me).