

Italian Veggies with Artichoke (GF, CF)

1T coconut oil
½ onion- diced
1 zucchini- sliced
1c green beans (pre-steamed)
4c spinach
1c artichoke hearts
½ lemon- juiced
Salt & pepper
1 tsp basil
1 tsp oregano

Sauté above veggies in olive oil and add artichokes after other veggies are soft.
Season with juice, herbs, and salt & pepper.