Serves 2 (as a meal)
Serves 4 (as an appetizer

4 tbsp olive oil, divided
1 clove garlic, peeled and sliced
1 tbsp chopped fresh rosemary
1 tsp fresh thyme leaves
1/4 tsp chili flakes
1 can (19oz) white kidney beans, drained and rinsed
1/4 cup water
3/4 tsp salt divided
1/4 cup coarse cornmeal
1 can (14oz) artichoke hearts, drained and quartered
1 cup cherry tomatoes
1/2 tsp black pepper, divided
zest of 1/2 lemon
2 tbsp, grated pecorino Romano, divided

1. Place a heavy bottomed skillet over medium heat and add 1 tbsp of the olive oil, garlic, rosemary, thyme and chili flakes. Cook for 1min, stirring often.
2. Add the white beans and 1/4 tsp salt and stir to coat the beans in the fragrant oil. Use the back of a fork to mash 1/2 the beans, leaving some whole. Add the water and stir to combine. Remove the beans to a bowl and cover to keep warm. Leave the skillet on the stove, turn the stove off and wipe the skillet clean.
3. On a plate combine the cornmeal, 1/4 tsp salt, 1/4 tsp pepper and stir. Dredge the quartered artichokes in the mixture.

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4. Turn the stove back on to medium heat and add 2 tbsp olive oil. Once the oil begins to shimmer slightly add the artichoke hearts to the pan and cook for about 3min per side until they are browned and crispy. Remove the artichokes from the pan and wipe the skillet clean.
5. Add the remaining 1 tbsp olive oil, cherry tomatoes, salt and pepper and cook until the tomatoes are warmed through.
6. To serve, place a portion of white beans on the plate and top with artichoke hearts and cherry tomatoes. Garnish with lemon zest and pecorino Romano.

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