

# STUFFED ARTICHOKE S

Cut stems off artichokes and place with leaves up in vegetable steamer or large pot cont. about 1 inch of filtered water.

Steam, covered, until tender (about 1/2 hour).

Remove with tongs and place leaves down, in sieve to drain.

Remove outermost leaves and serve warm or cold with dressing, herb mayonnaise or sauce of your choice – or make **Stuffed Artichokes**.

## **Stuffed Artichokes**

Mix 1/2 cup extra virgin olive oil (or melted butter) with 4 cloves peeled and mashed garlic and 2 cups whole grain bread.

Pull artichoke leaves open a bit and snip points off leaves with scissors.

Press stuffing down between leaves.

Return to steamer for another 5-10 minutes.

These are messy to eat, but delicious!