



Local PICK OF THE MONTH

September 2023

Artichokes

Baked artichoke hearts

Ingredients

- 28 ounces artichoke hearts, canned or fresh, halved.
- 2 tablespoons lemon juice.
- 2 cloves garlic, minced.
- 1/4 cup olive oil.
- 1/3 cup Italian breadcrumbs.
- 1/3 cup shredded cheese of your choice.

Directions

- Preheat oven to 400 F. In a baking dish, place artichokes cut side up.
- In a small bowl, whisk together garlic, oil and lemon juice. Spoon the mixture over the artichoke hearts.
- In a separate bowl, mix together the breadcrumbs and cheese. Sprinkle over top of the artichokes.
- Bake in the oven for 20 minutes and allow to cool slightly before serving.

Yields 6, 1/2 cup servings.

Nutrition information per serving: 160 calories, 11 g fat, 2 g fiber, 11 g carbohydrates, 4 g protein

Recipe adapted from foxvalleyfoodie.com.

What's so great about artichokes?

- This vegetable is nutrient dense and low-calorie.
- They are high in fiber and vitamin C which supports a strong immune system.
- A good source of magnesium which regulates muscle and nerve function.



What's the best way to eat artichokes?

- Peel the leaves and use your teeth to scrape off the edible portion from the base of each leaf.
- Remove the fuzzy inner center before eating the artichoke heart.
- Add artichoke hearts to pasta, pizza, salads and casseroles.

Selection and preparation

Selection	Storage
Choose fresh, frozen or canned artichokes. Fresh artichokes should be heavy and firm with compact center leaves.	Refrigerate fresh and cooked artichokes in an airtight container.
Preparation	Cooking
Cut off the top inch of leaves and cut the stem bottom to half an inch.	Artichokes can be steamed, boiled, baked, grilled or pressure cooked.



Samaritan Health Services