Steamed Whole Artichokes

Serves 2-4

Ingredients
- 4 sprigs parsley
- 4 garlic cloves
- 2 bay leaves
- 2 lemons, cut in half
- ¼ cup white wine
- 2 Tbsp olive oil
- 1 quart low sodium chicken broth
- Salt and pepper to taste
- 2 whole artichokes

Preparation

Put the parsley, garlic, bay leaves, lemons, wine, oil and broth in a large pot and bring to a simmer. Season the liquid with salt and pepper. In the meantime prepare the artichokes. Wash artichokes under cold water. Using a heavy stainless steel knife, cut off the stems close to the base. Pull off the lower petals that are small and tough. Cut off the top inch of the artichoke and rub with half a lemon to preserve the green color. If you wish, trim the thorny tips of the petals with kitchen shears. Place the artichokes in the steaming liquid, bottom up. Cover and simmer for about 30 minutes. The artichokes are done when a knife is inserted into the base and there is no resistance. To eat, pull off a leaf and scrape the meat off the tender end with your front teeth. Dip the ends of the leaves in lemon juice and melted butter if desired. When you reach the center cone of purple prickly leaves, remove it. This is the choke that protects the heart. Now, scrape away the thistle fuzz covering the artichoke heart. The heart is the meatiest part of the artichoke. Steamed artichokes may be served hot or cold.

Calories 210, Total Fat 12g, Sat Fat 2g, Sodium 310mg, Carbohydrates 17g, Fiber 7g, Sugars 2g, Protein 9g

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