

GRILLED ARTICHOKE

It's grilling season! Sometimes burgers, steaks, shrimp... why not veggies?! The beauty of a grilled artichoke is that you need no heavy dipping sauce on the side. The flavor result is smoky with a charred, crispy texture.

RECIPE

3 whole artichokes

1 lemon

Salt and pepper to taste

1-2 tablespoons olive oil

Working with one at a time, cut off the top third of each artichoke. Clip off and discard the sharp points of the outer leaves.

Pour enough water into a large pot to reach a depth of 1 to 2 inches. Cover and bring to a boil. Uncover the pot and arrange trimmed artichokes, bottoms up, in the bottom in a single layer. Cover the pot, reduce heat to medium and steam until tender, 20 to 40 minutes. Cooking time will depend on size of artichokes. When the leaves pull out easily and the base can be pierced with a knife, they're ready.

Heat grill to high. Remove the artichokes from pot with tongs and drain on a towel. Cut artichokes in 1/2, remove and discard the fuzzy choke, brush the cut side with olive oil, and season with salt and pepper. Place them cut-side down on the grill and cook about 3 minutes, until grill marks form. Remove from grill and squeeze fresh lemon juice over artichokes before serving.

Tip: For easy entertaining, steam artichokes before guests arrive and grill right before serving.

by Jenny Hagendorf MS, RDN, LD
www.mynutritionstudio.com