



# Laura's Recipe Corner

Great Recipes from Laura McKay!

## Roasted Artichokes for Two - Day 1 Recipe

Modification in red by Laura McKay, B.S., Health Educator

Source: <http://www.neverhomemaker.com/2010/10/roasted-artichokes-for-two.html>.

**ENJOY!**

### Ingredients:

- 2 large artichokes (whole)
- 1 lime, halved
- 2 large cloves garlic, peeled (optional)
- 2 tablespoons olive oil
- 1 teaspoons coarse kosher salt
- 1 teaspoon black pepper

### Preparation:

- Preheat your oven to 425 degrees F. Get a rimmed baking sheet and two large pieces of heavy duty aluminum foil ready for roasting.
- Cut off the stem of the artichoke (at its base) with a serrated knife. Also cut off one inch off the top of the artichoke, exposing the center a bit.
- Rub each down with half of the lime. Squeeze the remaining juice over them.
- Place each artichoke on a piece of foil -- standing on its base.
- Push a clove of garlic into the center pocket and keep pushing until it is inside (half an inch or so).
- Drizzle each with 1 tablespoon of olive oil. Sprinkle each with 1 teaspoon of salt and 1 teaspoon of pepper. Squeeze the other half of the lime juice over the top.
- Grab the corners of the aluminum foil and press together on top to tightly seal the artichoke. You don't want any gaps or openings. Use another piece of foil if necessary.
- Place on rimmed baking sheet and bake for 1 hour and 20 minutes. Let rest in foil for another 15 minutes before serving (in a bowl -- we'd recommend).



#### Tip: How to eat a roasted Artichoke

It's definitely a skill I had to learn. It seems easy enough -- just tear away leaves and eat. But some of those outer leaves are tough. Swallowing them is painful (and not recommended, as I doubt you can easily digest them). We tear off the outer leaves are eat only the bottom/base of them. Really, it reminds me of eating lobster. We just discard the inedible (at least in our option) part after sucking away the good stuff.

Once you get more toward the center, all the leaves will be tender. Go to town on these. They're at the heart. Many people even discard the outer stuff pre-roast and only eat the heart, like in this recipe. What you do is up to you, but we enjoy the base of those outer leaves. Otherwise, it seems wasteful!

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