

Artichoke



Cut off the tips of the petals.



Slice off the top of the artichoke and remove small petals at the base.



Boil for 45 min. or until the outer leaves can easily be pulled off.



Nutrition: Artichokes are low in Saturated Fat and very low in Cholesterol. They are a very good source of Dietary Fiber, and Vitamin C.

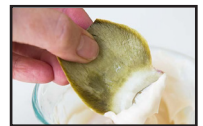
Storage: Unwashed in a plastic bag in the refrigerator for up to one week.

In Season: March-May, October

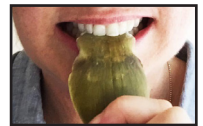


How to eat Artichokes

1. Pull off outer petals, one at a time. Dip white fleshy end in melted butter, sauce or Miracle Whip.



2. Tightly grip the other end of the petal. Place in mouth, dip side down, and pull through teeth to remove soft, pulpy, delicious portion of the petal.



3. Continue until all of the petals are removed.

4. With a knife or spoon, scrape out and discard the inedible fuzzy part (called the "choke") covering the artichoke heart. The remaining bottom of the artichoke is the heart. Cut into pieces and dip into sauce to eat.

