

# 12 Great Ways to Use...

## Artichokes

*They may look mysterious, but artichokes are a great family friendly vegetable. One medium artichoke is an excellent source of dietary fiber, vitamin C, and folate, and a good source of magnesium. To prepare a whole, fresh artichoke for cooking, rinse and lightly scrub it under cold water. Cut about an inch off the top and remove the bottom of the stem. Snip the thorns off the petal tips with a pair of kitchen shears. Spread the petals slightly apart, rub all cut parts with a lemon, and you're ready to cook!*

1. Make an edible bowl by scooping out the middle and choke of a cooked artichoke. Fill the bowl with bean dip, guacamole, or tuna salad and use the petals as dippers.
2. Add artichoke hearts to vegetable sautés and stir-fries.
3. Mix cooked, chopped artichoke hearts into your next omelet or quiche.
4. Everyone loves artichoke dip! Use Greek yogurt in place of mayonnaise for a healthier version. Make variations by adding lemon zest, chopped olives, sun-dried tomatoes, or fresh herbs of your choice.
5. Stir cooked, chopped artichoke hearts into risotto or whole-grain salads.
6. Mash cooked artichoke hearts into a batch of mashed potatoes.
7. Spread pesto between the petals of a fresh, prepared artichoke. Double wrap it in aluminum foil and bake it directly on the oven rack at 425°F for 60-75 minutes until the stem is tender.
8. Blend cooked artichoke hearts into hummus or pesto.
9. Sauté together onions, garlic, kale, and artichoke hearts. Spread the veggies on a pizza crust, add a few dollops of ricotta cheese, and bake according to the pizza crust instructions.
10. Skewer marinated artichoke hearts with shrimp or chicken and vegetables like onions, peppers, or zucchini, for kebabs.
11. Steam artichokes in a slow cooker with garlic, olive oil, and white wine. Try the recipe at <http://oldwayspt.org/recipes/crock-pot-artichokes>.
12. Get kids excited about eating veggies by serving a steamed artichoke with a vinaigrette for a dipping sauce.



Learn more about the Mediterranean Diet and healthy food choices at [www.oldwayspt.org](http://www.oldwayspt.org).