

# Steamed Artichokes

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## Servings: 4

*4 artichokes*

*1 lemon, halved*

*1 lemon, cut into wedges*

## Preparation Time: 15 minutes

Snap off any tough or browned outer leaves. Use a serrated knife to slice off the top inch of each artichoke. Immediately rub the cut surface with lemon halves. Use scissors to snip off all the sharp leaf tips. Trim the stem from the artichoke bottom so the artichokes will sit upright (if you trim more than one inch of stem, peel it and add to the steamer with the artichokes.)

Set the steamer basket over simmering water in a large pot. Arrange the artichokes in the basket, fitting snugly so they stand up. Cover. Bring to a boil. Cook until an artichoke leaf near the center can be pulled off easily, about 30 minutes.

Serve the artichokes and any stems warm with lemon wedges and dipping sauces.

(Dipping sauces can be "Fresh Mint, Basil, and Pistachio Sauce", "Dijon Dipping Sauce" and "Tarragon Butter". These recipes are available under "Sauces - Dipping" or "Condiments - Butter".)

Per Serving (excluding unknown items): 63 Calories; trace Fat (calories from fat); 4g Protein; Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 121mg Sodium. Exchanges: 2 1/2 Vegetable; Fruit.