

# Artichokes—An Easy Special Treat

(NAPSA)—Artichokes are available all year 'round, but peak seasons are spring and fall, so plan now to enjoy their mild, rich flavor



Pivonka

in this easy and savory recipe. Step by step artichoke preparation directions and photos are at [www.oceanmist.com](http://www.oceanmist.com). Ocean Mist Farms is North America's largest

grower/shipper of artichokes. Artichokes have many benefits besides flavor—they are low in calories, high in fiber, packed with antioxidants, and have no cholesterol, fat or sodium.

## Roasted Herbed Artichokes Makes 6 servings

- 6 medium to large Ocean Mist Farms artichokes
- $\frac{1}{3}$  cup lemon juice or white wine vinegar, divided
- $\frac{1}{4}$  teaspoon salt
- 3 tablespoons olive oil
- 2 medium Ocean Mist Farms leeks, trimmed, cleaned and sliced
- $\frac{1}{2}$  cup *each* chopped fresh basil, mint and Italian parsley
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon pepper

Rinse artichokes. Cut off stem and top third of petals and discard. Cut stems off at base; set aside. Stand artichokes stem side down in large saucepot. Add water to fill pot almost halfway. Add 3 tablespoons of



the lemon juice and  $\frac{1}{4}$  teaspoon salt. Simmer, covered, until a petal pulls out easily, 30 to 35 minutes. Drain and cool slightly. Preheat oven to 425°F. In large skillet over medium-high heat, heat 2 tablespoons olive oil. Add leeks and cook until tender, 7 minutes. Remove from heat. Stir in herbs, salt and pepper. Using spoon, remove and discard fuzzy center of artichokes. Sprinkle remaining lemon juice into center of artichokes. Divide leek-herb mixture among artichoke cups. Stand in 9x9-inch pan or baking dish. Brush with 1 tablespoon olive oil. Bake 10 minutes. To eat, pull off outer petals and dip bases into herb mixture in center of artichokes, then cut the heart into bite-sized pieces.

Nutritional Information per serving: calories: 174, total fat: 7.2g, saturated fat: 1g, % calories from fat: 37%, % calories from saturated fat: 1%, protein: 8g, carbohydrates: 27g, cholesterol: 0mg, dietary fiber: 11.3g, sodium: 459 mg.

Learn more at [www.5aday.org](http://www.5aday.org).



*Note to Editors: Eighty-third in a series of monthly 5-A-Day columns. More stories at [www.napsnet.com](http://www.napsnet.com) and search: "Pivonka."*