

Cooked Artichokes

Take advantage of artichokes in the summer when they're in season – the artichoke heart is the sweetest part!

Makes: 5 Servings
 Prep Time: 10 minutes
 Cook Time: 4 - 5 hours
 Source: EatFresh.org

Ingredients

- 5 Artichokes remove stalks and tough leaves
- 1 ½ teaspoons Salt
- 8 Peppercorns
- 2 stalks Celery cut up
- ½ Lemon sliced
- 2 cups Boiling Water

Directions

1. Combine all ingredients in crockpot.
2. Cook on High 4 - 5 hours.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 piece	
Nutrients	Amount
Calories:	101
Total Fat:	<1g
Saturated Fat:	<1g
Cholesterol:	0mg
Sodium:	1021mg
Total Carbohydrates:	33g
Dietary Fiber:	17.1g
Protein	5.4g

Utensils Needed

- Crockpot (slow cooker)
- Measuring cups
- Measuring spoons
- Sharp knife

SHOPPING LIST

Average total cost without oil and seasonings: \$22.53

Average cost/serving: \$4.51

Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 5 to Cart
Artichoke



Add 1 to Cart
Celery stalks



Add 1 to Cart
Lemon

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- You can eat artichokes with various dips or sauces.
- Artichokes also pair well with proteins like chicken, fish, and lamb, and can be incorporated into dishes like salads, pasta, pizza, and soups.

Similar Recipes

- Chicken Tagine with Olives and Artichoke Hearts

