May 2012 Recipe of the Month

Steamed Artichokes

The artichoke plant in my garden is my absolute favorite. I have raised beds for the winter and summer vegetables I grow, but my artichoke plant thrives in the natural desert soil of my backyard. It’s a perennial, too, which I discovered by accident. I planted my first artichoke plant in the fall of 2008—such a beautiful plant with silvery green foliage. I harvested eight artichokes in the spring and the plant dried up and died with the summer heart—or so I thought. I planted another artichoke in the fall of 2009 and was surprised when the original plant revived. Now I get 16 or 18 “chokes” in a season!

My favorite way to prepare the artichokes is to steam them on a rack in my crockpot on high for about an hour. I put an inch of water in the bottom and add a couple of mashed garlic cloves, one or two inner stocks of celery with the leaves, bay leaf and a squeeze of lemon.

I prefer to “dip” my artichoke in a mixture of light mayonnaise and Dijon mustard (1:1) with a teaspoon of lemon juice and fresh ground black pepper. You might try dipping in hummus or olive oil with lemon, garlic and pepper. Artichokes provide fiber, vitamin C and folic acid. Enjoy!

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Nutrient Analysis per Serving: (1 artichoke and 2 T. mustard mayonnaise sauce)

Calories: 117
Carbohydrate: 14 grams
Protein: 4 grams
Fiber: 10 grams
Fat: 5 grams