

Stuffed Artichokes



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Recipe by: Laura Vitale

Serves 4

Prep Time: 30 minutes

Cook Time: 1 hours 10 minutes

Ingredients

- 4 Medium Artichokes
- 2 cups of Fresh Breadcrumbs
- 2 Cloves of Garlic, minced
- 3 Tbsp of Freshly Chopped Parsley
- 4 Tbsp of Freshly Grated Parmigiano
- 4 Tbsp of Extra Virgin Olive Oil
- Salt, to taste
- 1/2 of a Lemon

1) Slice the bottom of the artichokes so they sit flat, take a pair of kitchen scissors and trim the tip of each leaf, rub half of a lemon anywhere you cut the artichokes and set aside. Repeat the process with the remaining artichokes.



2) Place the artichokes in a saucepan or any pan that can fit the artichokes nice and snug, cover with water, add a generous pinch of salt and bring to a boil. Simmer for 30 minutes, remove them from the water, place them on their side on a cooling rack (over a baking sheet) and allow them to cool completely. Meanwhile, preheat the oven to 375 degrees.

3) Toast the breadcrumbs in a dry skillet for just a couple of minutes or until they dry out a bit and develop just a little bit of color.

4) In a bowl, mix together the toasted bread crumbs, parsley, garlic and olive oil.

5) Lightly stuff each leaf of the artichoke and make sure to stuff as many leaves as you can without packing them in too tight.

6) Place the stuffed artichokes in a baking pan that fits them tightly, add some water to the bottom of the baking pan (about 3/4 of an inch) cover them with some aluminum foil and bake them for 30 minutes.

7) After 30 minutes, remove the foil and bake for an additional 10 minutes. Allow them to cool a bit and serve them slightly warm.

NOTE: Keep in mind that depending on the size of your artichokes, you might need to add a bit more breadcrumbs and cook them longer.