Dinner

Garlic Parmesan Baked Artichoke Halves

Tender artichoke halves are blanched, packed with a garlicky bread crumb filling, and roasted until the top turns crisp and golden.



Nut free

35 min	120	14 g	1 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 6 cup water
- [ ] 1/4 cup lemon juice
- [ ] 2 whole fresh artichokes
- [ ] 2 slice whole wheat bread
- [ ] 3 clove garlic
- [ ] 1/4 cup Parmesan cheese (freshly grated)
- [ ] 2 tbsp fresh parsley (chopped)
- [ ] 1/4 tsp black pepper
- [ ] 1 tbsp olive oil

Method

- [ ] **1** Heat the oven to 375 degrees F.
- [ ] **2** Bring the water and lemon juice to a boil in a large pot.
- [ ] **3** Pull away the outermost layer of leaves from the fresh artichokes, then halve them lengthwise. Scoop out the fuzzy choke from the center, keeping the flesh intact, and slip the halves into the boiling water for 5 minutes.
- [ ] **4** Lift the artichokes out of the pot and arrange them cut side up in a baking dish.
- [ ] **5** Blitz the whole wheat bread, garlic, Parmesan cheese, fresh parsley, and black pepper in a food processor until crumbly, streaming in the olive oil as you blend to form the stuffing.
- [ ] **6** Press the stuffing evenly into each artichoke half.
- [ ] **7** Bake on the middle rack of the oven for 30 minutes, until the topping is golden brown.

Nutrition Facts

Per serving

Calories	**120**
Total fat	6 g
Saturated fat	1.5 g
Sodium	230 mg
Total carbs	14 g
Fiber	3 g
Total sugars	1 g
Protein	6 g

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