

Artichokes, Restaurant Style



Totals for one cooked artichoke:

Calories 120 Fat 7.2g Fiber 6.5g Carbs 13.4g

What you'll need (for each artichoke – I always cook a minimum of three):

- 1 Medium uncooked artichoke washed
- 1 T Garlic powder
- 1 T Table salt
- 1 tsp Ground thyme
- 1 T Olive oil

Large boiling pot, with cover, big enough to fit three artichokes sitting side by side

Let's get to cooking!

1. Fill large boiling pot halfway full with water and turn heat to high.
2. Make sure artichoke is clean and chop off stem so it can sit up on a plate once it's cooked.
3. Place artichoke upright in pot and include stem in your cooking.
4. On the top of the artichoke place garlic powder, salt and thyme and then measure olive oil and pour on top of seasonings.
5. Cover and bring to a boil.
6. Once the water is boiling turn heat down to medium and cook, checking every 15 minutes, until artichoke is tender enough for leaves to pull away from base easily. This is usually about 45 minutes.
7. Remove artichoke and stem from water carefully using tongs and place on plate to cool.
8. Serve hot or cold and there's no need for butter sauce, so no extra calories!

My Grandmother, Mammo, inspired this **Kitty's Lighter Weigh** recipe.