

## Fun Food Feature of the Week!

### Artichoke

- An edible thistle that was brought to the United States by the Italians in the 1800s.
- Almost 100% of all the artichokes in the U.S. are grown in the state of California.
- A 12-ounce artichoke has only 25 calories and is a good source of vitamin C, folate, and potassium.
- Artichokes are very versatile and can be purchased fresh, frozen, or canned. They offer a unique nutty flavor to your recipe or meal.
- To eat a fresh cooked artichoke, peel the petal away from the blossom and eat the inner side leaving the petal itself. The petal may be dipped in a sauce or butter prior to eating.
- The "heart" is the center of the artichoke which can be found by slicing a whole artichoke in half horizontally. It also can be eaten.

[www.artichokes.org](http://www.artichokes.org)



### GRILLED ARTICHOKES

- 4 large artichokes
- $\frac{1}{4}$  cup balsamic vinegar
- $\frac{1}{4}$  cup water  $\frac{1}{4}$  cup soy sauce
- 1 T minced ginger
- $\frac{1}{2}$  cup olive oil



1. Slice artichoke tops off, crosswise. Trim Stems.
2. Boil or steam artichokes until bottoms pierce easily, or a petal pulls off easily.
3. Drain artichokes. Cool. Cut each artichoke in half lengthwise and scrape out fuzzy center and any purple tipped petals.
4. Mix remaining ingredients in a large plastic bag. Place artichokes in the bag and coat all sides of the artichokes. For best flavor marinate in the mixture overnight in the refrigerator but should marinate at least one hour.
5. Drain artichokes. Place cut side down on a grill over a solid bed of medium coals or gas grill on medium. Grill until lightly browned on the cut side, 5 to 7 minutes. Turn artichokes over and drizzle them with some of the remaining marinade. Grill for 3-4 minutes until petal tips are charred. Serve hot or at room temperature.

(Makes 8 servings (1/2 artichoke) 1 vegetable exchange per serving)