

ARTICHOKEs



WHAT DO THEY TASTE LIKE?

Artichokes have an earthy, nutty flavor, similar to Brussels sprouts and asparagus.

HOW DO I PICK THEM?

Pick artichokes with tightly-packed green leaves. The artichoke should feel firm and a bit heavy in your hand.

HOW DO I STORE THEM?

Sprinkle a bit of water on the stems and then place the artichokes in a plastic bag. Store in a refrigerator drawer for 3-5 days.

HOW DO I PREPARE THEM?

- Wash under cold water and gently dry.
- Use a sharp knife to remove the stem.
- Take a pair of kitchen scissors and gently trim off the thorns on the leaves.
- Use the knife to cut off about 1 inch off the top of the artichoke.
- Prepare and cook as desired.



HOW SHOULD I COOK THEM?

1. Enjoy **grilled** artichoke hearts in the summer.
2. **Steam** or **boil** artichokes for a softer texture.
3. **Bake** or **roast** in the oven for a crunchy texture.
4. Add to a dip such as a **spinach and artichoke dip**.
5. **Stuff** artichoke hearts with ground turkey and bake them in the oven.

HOW DO I EAT THEM?

Artichokes can be enjoyed raw or cooked:

- When eating a whole artichoke, remove petals one by one. Petals can be eaten by scraping them through your teeth to remove the meaty parts. Petals can be enjoyed as is or dipped in a dressing of your choosing.
- Once you have removed all the petals and reached the heart of the artichoke, remove (scoop out) and discard the fuzzy section of the heart.
- You can then slice the heart and enjoy with more dressing or prepare in one of the ways listed above.



For recipes & information about preparing healthy foods, visit web.uri.edu/SnapEd or call us at 1-877-366-3874.



Community Nutrition Education RI



RISNPed



URI Nutrition



URI_Nutrition_Ed

KITCHEN TIP!

Avoid artichokes that are advertised as thornless if you are looking for the best flavor. Thornless artichokes have smaller hearts, less meat, and their flavor is not as strong.