

## ARTICHOKES WITH GARLIC & HERBS

### INGREDIENTS:

- 2 large artichokes**
- 1 cup of pure revitalized or spring water water**
- 2 cloves of garlic; or 8 shakes of garlic powder**
- 2 tsp of Italian Herbs** (fresh or dried - marjoram, rosemary, onion, thyme, basil, oregano, garlic)
- 2 Tbsp of extra virgin olive oil**
- 1 fresh, ripe lemon**

### DIRECTIONS:

**Wash the artichokes well, remove the lower layer of leaves, and cut off the stems. With a paring knife or scissors, trim  $\frac{3}{4}$  of an inch off the top and the tips of the lower leaves. Slightly spread the leaves open.**

**Place the artichokes upside down in a steamer with the water, cover and bring to a boil. Then, lower the heat and steam for about 20 minutes or until an outer leaf can be easily removed. Add more water as needed to maintain the steam.**

**Uncover the pot and turn them right side up and spread the leaves open a bit more. Squeeze the juice of half a lemon over each artichoke.**

**Chop and sprinkle the cloves of garlic or garlic powder and the herbs into the slightly opened artichokes. Cover and steam for another minute.**

**Remove the artichokes from the pot, place them in a bowl, and evenly sprinkle the olive oil into the artichoke.**

ENJOY with soup, pasta, or the Garden Salad.

Serves 2

Use **organic** ingredients

Suitable for ALL blood types

Native to the Mediterranean, the **artichoke**, *Cynara scolymus*, is a member of the sunflower family of vegetables. It belongs within the *asteraceae* thistle family, in the genus *Cynara*. The artichoke was valued by the ancient Greeks and Romans for its medicinal and health benefiting qualities.

The artichoke is rich in fibre, vitamins C, B complex, and K, folates, minerals, and antioxidants, such as quercetin, rutin, silymarin, caffeic acid, and ferulic acid. It also contains flavonoid compounds, such as lutein and zeaxanthin. Its vitamin K helps to limit neuronal damage in the brain and promote osteotrophic (bone formation) activity. In addition, its nutrients and compounds help increase bile production, lower LDL cholesterol levels and blood pressure, and rejuvenate the liver. These nutrients also provide anti-cancer, anti-diabetic, and anti-inflammatory properties.

Artichoke hearts, considered a healthy delicacy, are a versatile part of the artichoke that can be added to Mediterranean dishes, pasta, or salads. Use artichoke hearts that are either

fresh, frozen, or canned in brine. AVOID marinated artichoke hearts, which contain damaged oils (e.g. canola, soy, olive, etc.).

When using the whole artichoke, select fresh, heavy globes that have compact, dark green leaves, which feel tender and squeak slightly when squeezed. Avoid very large, tough globes. Fresh artichokes will keep well for up to a week if stored in a sealed plastic bag, inside the fridge.