

**Artichokes are fun to eat. You can serve them at a small party for hors d'oeuvres, they are low in carbohydrates and low in fat. Artichokes also have a lot of fiber. Herbamare is my most favorite seasoning, it is sea salt that has been seeped with fresh organic herbs for 1 year and then ground. It enhances most foods.**

### **STEAMED ARTICHOKE WITH DIPPING SAUCE**

Artichokes (one per person) 9 grams carbohydrate

1 clove garlic

lemon juice

Herbamare to taste

To prepare cooking the artichoke, hold artichoke by the stem on a cutting board. Take a very sharp knife holding it on the diagonal and trim the sharp points off the artichoke. Cut the stems off. This is very important because the sharp points can cut you. Use a pot with a cover. Add 2" of water, 1/4-cup lemon juice and garlic, bring to a boil. Sprinkle artichoke with Herbamare and add to the boiling water. Reduce heat to simmer and cook for 45 minutes or until leaves can be taken off artichoke very easily. It's better to cook a little longer to have a tender artichoke.

### **Dipping Sauce enough for 3 artichokes**

1/4 cup Nanyonese or light Mayonnaise

2-3 Tablespoons lemon juice

2 Tablespoons grainy mustard

Mix ingredients together. Serve with artichoke.

Recipe Yields: 9 grams carbohydrate, 18 grams fat, 0 protein

**Zone Tip:** When using dipping sauce for artichokes be sure and just use a little or you will be getting a lot of fat.

**How to eat:** peel each leave off individually, lightly dip in sauce. Gently nibble or scrape off the tender bits of the bottom of the leaf by putting the leaf in your mouth, closing your teeth on it, and pulling the leaf outwards. Discard the leftover leaves in a container or in a pile on your plate.

- Continue until you get to the smaller center leaves that don't have much meatiness to them. These leaves look a bit different than the outer leaves and often have a translucent quality with a bit of purple on them.
- Pull off the center leaves. Depending on how well-cooked the artichoke is, you can sometimes lift off the smaller inner leaves all together for one last dip in the sauces and bite the ends off delicately (but don't eat the sharp tips). They cover a finer, almost hairy growth just on top of the heart of the artichoke. Some people call this part the "choke," which is what you will do if you eat it, as it is *very* prickly.
- Remove the choke using gentle strokes with a fork or the toothed edge of a kitchen knife until you are down to the heart. This is a very important step and often where people go wrong without proper instruction.
- Eat your heart out. The heart of the artichoke is the most prized portion and often the only part restaurant chefs use in their recipes, but at home you can savor the whole artichoke experience. Enjoy.

