

ARTICHOKE



DIFFERENT USES

- They can be boiled, steamed, microwaved or sautéed.
- Use in stews, casseroles, salads, or stuffing.
- Add fresh or frozen varieties to low-sodium sauce. Serve over pastas, chicken or fish.
- Enhance soup or roast recipes. Combine ingredients plus artichoke petals into crock pot, cook on low heat for several hours.

Nutrition Facts

Serving Size 1 artichoke (56g edible portion)

| Calories 25 | % Daily Value |
|------------------------------|---------------|
| Total Fat 0g | 0% |
| Sodium 70mg | 3% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 3g | 12% |
| Protein 2g | |

Health Benefits

- One cup provides 28% daily recommendation of iron, which helps carry oxygen through the body.
- Low in sodium to support a healthy blood pressure.
- High in fiber to promote intestinal health.

FUN FACT

- The artichoke was known to both the Greeks and the Romans.
- Wealthy Romans enjoyed artichokes prepared in honey and vinegar, seasoned with cumin.
- It was not until the early 20th century that artichokes were first grown in the United States.
- Artichokes are buds from a plant in the thistle species, that grow before the flower blooms.