

## Steamed Artichokes WITH LEMON-HERB SAUCE

**INSTRUCTIONS:** Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!

**ONE:** With a sharp knife, slice about 1 inch off the top of each artichoke. If leaves have thorns, snip off tips of leaves with kitchen shears. Cut stems, leaving about 1 inch on each artichoke. Rub cut parts of artichokes with lemon to prevent browning.

**TWO:** Fill a large pot with 2 to 3 inches of water (water should only come up to the bottom of a steamer basket, not cover it) and place on high heat. Insert steamer basket into pot and add artichokes to basket; cover. Bring to a boil, then reduce heat to a simmer. Cook for 25 to 35 minutes or until outer leaves of artichokes can be easily pulled off.

**THREE:** Meanwhile, add remaining ingredients to a medium bowl and whisk to combine. Refrigerate mixture until ready to serve. Serve artichokes warm with lemon-herb sauce for dipping.

**Nutritional Bonus:** Though tough and thorny on the outside, the rewards of conquering an artichoke are plentiful. The leaves and heart are not only delicious but also low in calories and high in fiber. They are also a good source of magnesium and folate, nutrients that boost your immune system and promote healthy brain and cell development during pregnancy, respectively.

### INSTRUCTIONS:

- 1/2 cup low-fat sour cream
- 2 tsp capers, drained, rinsed and minced
- 2 tsp minced fresh dill
- 1 tbsp minced fresh flat-leaf parsley
- 1 tsp olive oil
- 1/2 tsp sea salt

### INGREDIENTS:

- 4 medium artichokes
- 1/2 lemon
- 2 tsp lemon zest
- 1 tbsp fresh lemon juice
- 1/2 cup 2% plain Greek-style yogurt
- 1 small clove garlic, minced

### Nutrients per serving (1 artichoke and 1/4 cup yogurt sauce):

Calories: 126, Total Fat: 4 g, Sat. Fat: 2 g, Carbs: 18 g, Fiber: 7 g, Sugars: 3 g, Protein: 11 g, Sodium: 247 mg, Cholesterol: 10 mg



FOLD LINE

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STEAMED ARTICHOKES WITH LEMON-HERB SAUCE  
Serves 4. Hands-on time: 25 minutes. Total time: 45 minutes.

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