



## *The Edible Garden*

Recipe featured at the *Cooking for Kids* demonstration,  
September 29

### **Stuffed Artichokes Dell'Amore**

By: Robert Dell'Amore, Chef and Founder, The Healthy Kitchen, Inc.

#### **Ingredients**

6-8 artichokes  
6-8 cloves garlic, finely diced  
½ cup of grated Parmesan cheese  
½ cup of seasoned breadcrumbs  
2 teaspoons olive oil  
¼ cup of fresh basil, sliced thinly, like straw  
Fresh crushed black pepper to taste, no salt needed

#### **Instructions**

1. Choose healthy looking artichokes with tight leaves and no discoloration at tips. Large or small size is equally good. Cut off the bottom of artichoke with sharp knife so it can sit on end. Use sharp knife again to cut across top third of each artichoke. Trim sharp points of leaves with a scissor, moving from bottom to top and around the artichoke.
2. In a deep bottom skillet, add 2 cups of water. Add artichokes around the periphery with one placed in the center. Cook on low-medium heat for 45 to 60 minutes with lid or second skillet inverted on top. Add salt if desired. To see if they are done, pull on inner leaves—they are fully cooked when they come off easily. Remove and allow to cool.
3. When cooled, remove inner, immature leaves and discard. With the back of a teaspoon, remove furry “choke” in center being careful not to damage the underlying heart.
4. Combine all of the other ingredients to make the stuffing. Add 2 heaping teaspoons of stuffing to each artichoke, careful not to pack the stuffing down. Keep stuffing light and air-filled. Drizzle olive oil over stuffing mixture.
5. To finish, place the stuffed artichokes back in skillet and cook for 5 -8 minutes more on low- medium heat just as before, with same water in the bottom of the pan. Serve hot or room temperature. (Note the color of the artichoke water. It is full of brain and

heart healthy antioxidants, phytochemicals, and neuroceuticals from vegetable. It can be saved and used to cook with in soups or sautés, or to drink as a tea.)