



HOW TO BAKE BABY ARTICHOKEs



Serves: 9-12



Prep Time: 15 minutes
Cook Time: 20 minutes

INGREDIENTS

9-12 Ocean Mist Farms Baby Artichokes,
rinsed and trimmed

1 lemon, halved

4 cloves garlic, slivered

2 Tbsp. olive oil

Sea salt to taste

Additional herbs of choice



PREHEAT

Oven to 425° F.



CUT

9-12 prepared Baby
Artichokes into halves.
Place halved Baby
Artichokes on a
foil-lined baking sheet.



TOSS

With olive oil, lemon
juice, and other
desired seasonings.
Spread out on pan.



BAKE

For 20 minutes, or
until Baby Artichokes
are browned and
tender. Remove from
oven and enjoy!



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