



# HOW TO BAKE ARTICHOKES



Serves: 2



Prep Time: 10 minutes  
Cook Time: 1 hour

## INGREDIENTS

2 large Ocean Mist Farms artichokes, rinsed and trimmed

1 lemon, halved

4 cloves garlic, slivered

2 Tbsp. olive oil

Sea salt to taste

Additional herbs of choice

4 sheets of heavy duty foil wrap



### PREHEAT

Oven to 425° F.



### PREPARE

Artichokes by drizzling 1 Tbsp. olive oil and squeezing half a lemon over each one. Stuff slivered garlic between the leaves of each artichoke and season with salt and additional herbs of choice.



### WRAP

Each artichoke with 2 layers of heavy duty foil and seal.



### BAKE

Large artichokes for 1 hour and 20 minutes or medium artichokes for 1 hour.



### UNWRAP

And enjoy with your favorite dipping sauce.



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