



HOW TO MICROWAVE ARTICHOKES



Serves: 4



Prep Time: 5 minutes
Cook Time: 20 minutes

INGREDIENTS

2 large Ocean Mist Farms' artichokes, rinsed and trimmed
1 lemon, halved
Salt and pepper, to taste



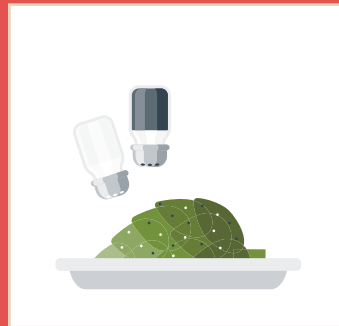
CUT

Trimmed artichokes in half and rub with cut lemon.



PLACE

Cut-side down in a shallow, microwave-safe dish.



SEASON

With salt and pepper.



ADD

1 inch of water to base of dish and cover.



MICROWAVE

On high for 18-20 minutes, or until tender.

