



HOW TO GRILL **BABY ARTICHOKE**S



Serves: 9-12



Prep Time: 15 minutes
Cook Time: 30 minutes



STEAM

Or microwave Baby Artichokes. Let cool and pat dry.



HEAT

An oiled grill or grill pan over medium heat. Add Baby Artichokes and let sear for 3-4 minutes per side until charred.

INGREDIENTS

9-12 Ocean Mist Farms Baby Artichokes, rinsed and trimmed
Olive oil, for brushing
Salt and pepper, to taste

