



## HOW TO STEAM

# BABY ARTICHOKES



Serves: 9-12



Prep Time: 15 minutes  
Cook Time: 20 minutes

## INGREDIENTS

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



### PLACE

9-12 prepared whole  
Baby Artichokes in  
steam basket.



### FILL

Pot with water up to  
the bottom of the  
fitted steam basket.  
Cover with lid and  
bring to a boil.



### STEAM

Baby Artichokes on  
medium heat for 20  
minutes, or until tender.



### ENJOY

Baby Artichokes  
whole or in other  
favorite recipes.

