



## **ARTICHOKES WITH LEMON VINAIGRETTE**

**Advanced Lifestyle**

### **Ingredients**

2 large artichokes  
1 TBS fresh lemon juice  
½ TSP grated lemon zest  
1 TBS finely chopped shallots  
1 TBS extra virgin olive oil  
Morton's Lite salt, to taste  
freshly ground black pepper

### **Instructions**

1. Slice about 1 inch off the top of each artichoke and trim the stems. Remove the tough outer leaves and trim any sharp, thorny leaf tips with scissors.
2. Place the artichokes, stem end down, in a microwaveable dish with about ½ cup of water. Cover the dish and plastic wrap and microwave on high for 4 to 5 minutes or until the stem end of the artichoke is just tender when pierced with a knife. (The artichokes can be cooked in advance and stored in the refrigerator for up to 2 days.)
3. In a small bowl, whisk the lemon juice, lemon zest, shallots and olive oil together. Season with salt and pepper, to taste.
4. Serve the artichokes with a small bowl of vinaigrette to dip the leave in.

**Portion-Per-Serving Information:** (Yields 2 servings)

Serving = 1 artichoke + ½ TB vinaigrette = 1 V, ½ FT