



## **OVEN-BAKED RICE WITH ARTICHOKES, LEMON AND MINT**

**Advanced Lifestyle**

### **Ingredients**

2-2/3 cups long-grain white rice  
6 cups chicken or vegetable broth  
2 pounds frozen artichoke bottoms (see note\*)  
1/2 cup extra-virgin olive oil  
6 cloves garlic, minced  
2 lemons, zested and juiced  
1 bunch Italian (flat-leaf) parsley, finely chopped (divided)  
1 bunch fresh mint, finely chopped (divided)  
Salt (Morton's Lite) and freshly ground black pepper  
Optional: 1 lemon, thinly sliced, for garnish

### **Instructions**

1. Preheat oven to 400°. Spread the rice into the bottom of a 9-by-13-inch baking dish.
2. In a medium saucepan, heat the broth to a simmer over medium-high heat. Add the artichoke bottoms and simmer until thawed (if using canned artichokes, add to the simmering broth and heat for a minute or two).
3. Remove from heat. Remove the artichoke bottoms with a slotted spoon and arrange on top of the rice.
4. Stir the olive oil, garlic, lemon zest and juice, and half of the herbs (reserve the rest for garnish) into the broth. Season with salt and pepper. Pour this mixture over the rice and artichokes, cover the dish with foil, and bake for 30 minutes. Remove the foil and continue baking for another 20 minutes, or until the liquid is absorbed and the rice is tender and creamy.
5. Remove from the oven and garnish with the lemon slices (if desired) and remaining fresh parsley and mint.

**Portion-Per-Serving Information** (Yields 8-10 servings) - Serving = 1/2 cup = 1 G

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\*Note: You can find frozen artichoke bottoms at Middle Eastern grocery stores (and other specialty stores). If you can't find them, substitute an equivalent amount of canned, *not marinated*, artichoke bottoms or artichoke hearts.