



**Oven-Baked Rice with Artichokes, Lemon & 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 and freshly ground black pepper  
Optional: 1 lemon, thinly sliced, for garnish

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

**INSTRUCTIONS**

—Preheat oven to 400°. Spread rice into the bottom of a 9-by-13-inch baking dish.

—In a medium saucepan, heat the broth to a simmer over medium-high heat. Add artichoke bottoms and simmer until thawed (if using canned artichokes, add to the simmering broth and heat for a minute or two).

—Remove from heat. Remove artichoke bottoms with slotted spoon; arrange on top of rice.

—Stir olive oil, garlic, lemon zest and juice, and half the herbs (reserve the rest for garnish) into the broth. Season with salt and pepper. Pour this mixture over rice and artichokes, cover dish with foil, and bake for 30 minutes. Remove foil and continue baking for another 20 minutes, or until liquid is absorbed and rice is tender and creamy.

—Remove from oven; garnish with lemon slices (if desired) and remaining fresh parsley and mint.

**SERVING INFO:** (Serves 8-10) - 1/2 cup = 1 G, 1 V

See photo of this recipe at [Instagram](#) and [Facebook](#)