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Stuffed Artichokes

Serves 2.

- 2 whole artichokes
- ½ cup bread crumbs
- 1 clove garlic, minced
- 2 teaspoons chopped fresh parsley
- 1-1/2 tablespoons grated Romano cheese
- 1/4 teaspoon dried oregano
- 2 tablespoons olive oil
- salt and pepper to taste

Preparation:

1. Snip the pointed tips of artichoke leaves, and cut off the stems. To open the artichoke for stuffing, hold it by the base, and firmly rap the top on a hard surface.
2. In a medium bowl combine bread crumbs, garlic, parsley, romano cheese, oregano, olive oil, salt and pepper, and mix well.
3. Press the stuffing into each artichoke separating the leaves with your fingers. Stuff the center as well as between the leaves. Tightly pack stuffed artichokes together in a large heavy saucepan or Dutch oven. Add an inch of water.
4. Bring to a boil over high heat; reduce heat to low and simmer, covered, for one hour, or until leaves pull out easily. Check water level occasionally to make sure it doesn't all evaporate.

Happy (*Healthy*) Valentine's Day!

Heidi Diller, RD
Nutritionist

SOURCE: www.fruitsandveggiesmorematters.org