



*Global Cuisine with a Conscience*  
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[www.twocookscateringonline.com](http://www.twocookscateringonline.com)

## ITALIAN ARTICHOKE APPETIZER

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### QUICK ARTICHOKE

- 3 to 4 quarts water
- 1 tbsp lemon juice
- 2-3 large artichokes
- 1/2 lemon
- 1 bottle Newman's Light Italian Dressing

Use a 6 quart pot, bring water to a boil. While water is boiling prepare artichokes. Use a sharp knife, cut the stems off flush with the bottom of the artichoke. Pull off any small leaves from the bottom. Rub lemon on the bottom to prevent browning. Lay artichoke on its side and cut off 1 inch from the top. Use scissors and snip off any remaining pointy tips. Rub lemon on the cut tips to prevent browning.

Cook in a covered pot, in boiling water until tender, or until an outer leaf comes off easily (45-50 minutes for large artichokes). Drain upside down. Pull leaves off cooled artichokes and set aside. Place dressing in a small bowl in the center of a platter. Arrange leaves around dressing. Serve.



*Two Cooks Catering is a proud supporter of the Central Coast Grown Program.  
We use fresh, local produce and other ingredients in the food we make.*