



Grilled Artichoke Hearts



Ingredients:

- 4 Artichokes, medium size
- 2 tbsp Olive Oil
- 1 Lemon
- Salt & Pepper to flavor



Directions:

Peel pack artichoke leaves until leaves are light green and tender (removing about ½ the leaves)

Trim one inch off the tops and trim bottom stem leaving about ½ inch

Cut artichokes in half - remove the choke furry, inedible center area (paring knife, spoon, melon baller)

Once clean cut into quarters.

In a large skillet (not a pot) bring to boil 3 cups of water.

Place artichokes hearts into boiling water and boil for 8-10 minutes. Drain artichokes.

In same skillet add 2 tablespoons for olive oil and heat until warm.

Place artichoke hearts back in skillet. Season with salt and pepper.

Grill turning occasionally until brown (About 5-8 minutes) * Add more olive oil as desired.

Remove – and squeeze fresh lemon