

Artichoke

GRILLING



Grilled Artichokes with Basil Aioli

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Prep time: 15 minutes

Cook time: 35 minutes

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| ½ cup low-fat mayonnaise | 1 tbsp. Dijon-style mustard |
| ½ cup coarsely chopped fresh basil | 1 tsp. grated lemon zest |
| 3 cloves garlic, minced | 2 tbsp. olive oil, divided |
| 4 tbsp. lemon juice, divided | 4 artichokes, halved lengthwise |

1. For basil aioli, process mayonnaise, basil, garlic, 2 tablespoons lemon juice, mustard, lemon zest and 1 teaspoon oil in a blender or food processor until smooth, stopping once to scrape down the sides.
2. Combine artichokes and remaining lemon juice in a large Dutch oven and boil for 30 minutes. Remove artichokes and brush with remaining oil.
3. Grill artichokes on medium heat, cut side down 2 to 4 minutes. Serve with basil aioli.

Serves 4 to 6

Recipe Note:

For indirect grilling, the heat source is off to the side of where the cooking takes place.

Per Serving: 123 calories, 16g carbohydrate, 3g protein, 6g fat, 5g fiber, 0mg cholesterol, 282mg sodium



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The nutritional values and information provided are approximations.
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