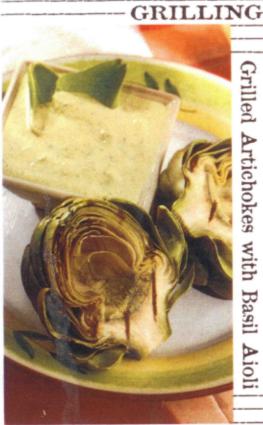
Artichoke



Grilled Artichokes with Basil Aioli

Prep time: 15 minutes

cup low-fat mayonnaise

cup coarsely chopped fresh basil

cloves garlic, minced

tbsp. lemon juice, divided

Cook time: 35 minutes

- 1 tbsp. Dijon-style mustard
- 1 tsp. grated lemon zest
- tbsp. olive oil, 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



© 2004 rights reserved by TRY-FOODS INTL., INC. Apopka, FL. The nutritional values and information provided are app GRLD ARTICHOKE BASIL AIOLI 04/15/04 #394050