

# Steamed Artichokes with Butter & Garlic

We are all programmed that artichokes are a vehicle for mayonnaise, right? Give this recipe one chance to change your mind. Garlic and butter steamed with artichokes creates a wonderful side to any dish or meal. If you are feeling adventurous try different spices and herbs.



## Sample Recipe

	Recipe serves	Prepared for
	2	4

Ingredient	Amount	Scaled amount
Artichokes	2 ---	4 ---
Grass-fed Butter, melted	2 tbsp	4 tbsp
Garlic cloves	2 ---	4 ---
Sea Salt	1/4 tsp	1/2 tsp

## Instructions

1. Heat water in a pan with a lid and steam basket (if you have one) Use a veggie strainer or steam basket to place the artichokes above water. If you do not have a steam basket, artichokes can sit in one inch of boiling water but you will need to refill as they cook.
2. Mince garlic and spread leaves of artichoke to allow them to sit in the artichoke. Sprinkle with sea salt.
3. Steam artichokes for 10-12 minutes, checking by plucking leaves from the artichoke. If they come out easily, it is finished steaming.
4. Plate artichoke and pour melted butter over the top of the artichoke.
5. Pull each leave to eat the artichoke. Enjoy!



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