

Artichoke

Artichokes should be firm, compact, heavy for their size and have an even green color. Artichokes are actually a flower bud – if allowed to flower, blossoms measure up to seven inches in diameter and are a violet-blue color.

Artichokes are vegetables which grow as flower buds on plants.

The artichoke was known to both the Greeks and the Romans.
Wealthy Romans enjoyed artichokes prepared in honey and vinegar, seasoned with cumin. It was not until the early 20th century artichokes were grown in the United States.

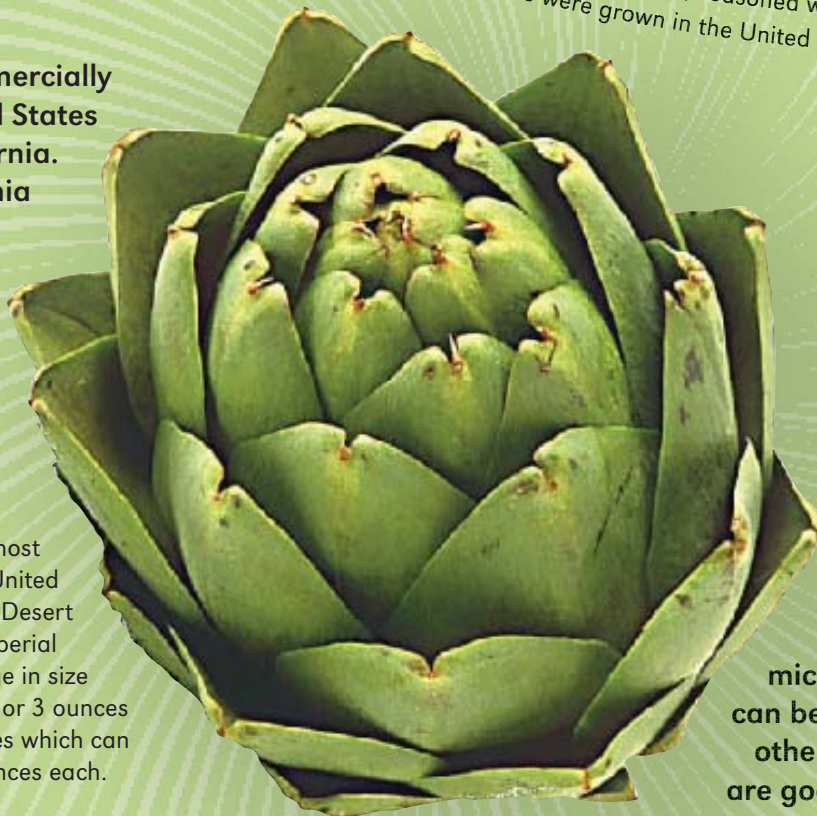
All artichokes commercially grown in the United States are grown in California. Castroville, California claims to be the “Artichoke Capital of the World.”

NUTRITION FACTS

- Fat free
- Cholesterol free
- High in sodium
- High in fiber
- High in vitamin C

VARIETIES

There are more than 140 artichoke varieties. The most popular varieties in the United States are: Green Globe, Desert Globe, Big Heart and Imperial Star. Artichokes can range in size from small artichokes—2 or 3 ounces each—to jumbo artichokes which can weigh as much as 20 ounces each.



USES Artichokes can be boiled, steamed, microwaved or sautéed. They can be eaten whole or added to other dishes. Small artichokes are good for pickling, stews and casseroles; medium size are good for salads; and large size are good for stuffing.



Black Bean, Pasta, and Artichoke Heart Medley

Preparation time: 30 minutes

Number of servings: 12

Cups of fruits or vegetables per serving: 1



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| 1 T. olive oil | 2 (14.5 oz.) cans whole tomatoes, undrained and chopped |
| 1 c. green onions, sliced | 1 (15 oz.) can black beans, drained and rinsed |
| ½ tsp. dried oregano | 4 c. cooked pasta (any shape) |
| ½ tsp. dried basil | 1 (14 oz.) can artichoke hearts, drained and quartered |
| ⅛ tsp. black pepper | |
| ⅛ tsp. cayenne pepper | |
| 1 garlic clove, minced | |

1. In a large skillet, heat oil over medium heat. Add green onions and sauté 5 minutes.
2. Add oregano, basil, black pepper, cayenne pepper, garlic, and tomatoes.
3. Cover and simmer 10 minutes.
4. Add beans; cover and simmer an additional 5 minutes.
5. Combine bean mixture, cooked pasta, and artichoke hearts in a large bowl. Mix well.
6. Serve warm.

Nutrition Information per Serving: Calories 120, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 330 mg (14% DV), Total Carbohydrate 21 g (7% DV), Dietary Fiber 3 g (12% DV), Sugars 2 g, Protein 5 g, Vitamin A 4%, Vitamin C 15%, Calcium 4%, Iron 15%.

Bean Salad

Preparation time: 2 hours, 10 minutes

Number of servings: 8

Cups of fruits or vegetables per serving: 1



- 1 (16 oz.) can garbanzo beans, rinsed and drained
- 1 (16 oz.) can French style green beans, drained
- 1 (14 oz.) can artichoke hearts, rinsed, drained, and quartered
- ½ c. fat-free Italian salad dressing

1. In a large bowl, combine first 3 ingredients. Stir gently.
2. Pour dressing over vegetables. Stir gently. Chill for at least 2 hours before serving.

Nutrition Information per Serving: Calories 90, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 290 mg (12% DV), Total Carbohydrate 14 g (5% DV), Dietary Fiber 3 g (12% DV), Sugars 2 g, Protein 5 g, Vitamin A 4%, Vitamin C 6%, Calcium 4%, Iron 10%.