

ROASTED BABY ARTICHOKEs

Approximately 20 Baby Artichokes, trimmed & halved

1 large Onion, sliced

2-3 cloves Garlic, minced

Salt & Pepper

Extra Virgin Olive oil

Chicken stock or White wine

Juice of one Lemon

Sauté Artichokes, Onion, Garlic, Salt, Pepper & Olive oil in large Sauté pan (ovenproof). When Onions and Garlic start to color add Lemon juice and enough Stock to cover up to half the Artichokes.

Place in 440° oven and roast until tender.

Don't let liquid cook away and burn, add extra stock as needed.

If, when done there is lots of liquid in pan—remove Chokes and reduce liquid until thick, then pour over Chokes.

Yum, Yum!