

## Roasted Baby Artichokes with Lemon Aioli

Complement your menu with Roasted Baby Artichokes with Lemon Aioli. Unlike big artichokes, baby ones don't have a inedible, thistly "choke" that needs to be scooped from the center--the whole baby artichoke can be eaten.

- **Yield:** Serves 4 (serving size: 6 artichoke halves and about 1 tablespoon aioli)
- **Hands-on:** 16 Minutes
- **Total:** 31 Minutes

### Ingredients

- 6 cups water
- 5 tablespoons fresh lemon juice, divided
- 12 baby artichokes
- 5 teaspoons extra-virgin olive oil, divided
- 1/4 teaspoon kosher salt
  
- 1/8 teaspoon freshly ground black pepper
- 1/4 cup light mayonnaise
- 1 teaspoon minced garlic
- 1/2 teaspoon grated lemon rind
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### Preparation

1. Preheat oven to 425°.
2. Combine 6 cups water and 4 tablespoons juice in a large bowl. Cut off top 1/2 inch of each artichoke. Cut off stem of each artichoke to within 1 inch of base; peel stem. Remove bottom leaves and tough outer leaves, leaving tender heart and bottom. Cut each artichoke in half lengthwise. Place artichokes in juice mixture.
3. Drain artichokes; pat dry with paper towels. Combine artichokes, 1 tablespoon oil, salt, and pepper; toss well. Arrange in a single layer on a baking sheet. Bake at 425° for 15 minutes or until tender, turning after 10 minutes.
4. Combine remaining 1 tablespoon juice, remaining 2 teaspoons oil, mayonnaise, garlic, and lemon rind in a small bowl. Serve aioli with artichokes.

### Nutritional Information: Amount per Serving: Calories: 116

Fat: 10.7g      Saturated fat: 1.5g  
Monounsaturated fat: 4.1g      Polyunsaturated fat: 3.6g      Protein: 0.7g  
Carbohydrate: 5.0g      Fiber: 1.4g      Cholesterol: 5mg  
Iron: 0.2mg      Sodium: 254mg      Calcium: 14mg