

Grilled Artichokes

By: Meredith Edwards

Ingredients:

1 large artichoke
1 tablespoon of olive oil
salt
pepper
salad dressing of your choice

Directions:

1. Cut the artichoke in half, trim the stem, and cut off the tips where the pointy needle like tips are. Be careful I have cut myself on these before.
2. Take a small knife (such as a paring knife) and cut out the choke (hairy part between the stem/heart and the leaves). Also remove the inside purple leaves. They can also be sharp be careful!
3. In a large pot boil water seasoned with salt. Place the artichokes in the boiling water for about 20 minutes.
4. Broiling: Place the artichokes cut side up in a baking pan, drizzle olive over it and season with salt and pepper. Place under the broiler for about 5 minutes. Watch the artichoke closely. You will notice the edges starting to char a little when it's ready.

Grilling: Drizzle olive oil over the cut side of the artichoke and season with salt and pepper. Then place them cut side down on a hot preheated grill. Grill them for about 5 to 10 minutes but watch them. You will know it's finished when the edges char.

5. Plate the artichokes and enjoy!