

## Baked Artichokes - Carciofi al Forno

This side dish of Baked Artichokes is for the people that love artichokes, but don't like to cook them because it is a little complicated. This recipe can't get any easier.

The taste will only depend on the ingredients: good artichokes, right now they are in season, so they should be good and the Extra Virgin Olive Oil (EVOO).

Not only this is an easy dish, but is also is VERY healthy.

Artichokes contain:

Iron, sodium, potassium, calcium, phosphorus, iron, vitamins (A, B1, B2, C, PP), malic acid, citric acid, tannins and sugars also allowed for diabetics.

Artichokes are excellent as: tonic, liver stimulant, cough suppressant, helps purify the blood, strengthens the heart, dissolves the calculations and detoxifies. [Read more](#)

Cooking time: Preparation 5 minutes - Cooking 40 - 45 minutes



Difficulty: very easy Serves: 4

Ingredients:

4 tablespoons Nonna Angelina's  
Extra Virgin Olive Oil (EVOO)

4 tablespoons water

4 artichokes

Nonna Angelina's Organic Sea Salt

Directions:

Wash the artichokes under running water, opening the leaves slightly. Cut then in halves.

If there is some hair in the middle of the artichokes, take it out with a sharp knife.

In a cup mix the EVOO, water and salt.

Place a sheet of greaseproof paper, soaked and squeezed on a baking pan, then place the artichokes face up and pour inside them one tablespoon of the mix and pour the rest in pan.

Bake for 40 – 45 minutes at 350° F, tuning the artichokes every 10 – 15 minutes.

*Serve with a glass of Sirocco Grillo.*

Buon appetito!

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