

SIDE DISH

Baked Cardoons: Cardi al Forno

28 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	20 min	25 min	6	\$0.53	140 kcal

Discover the delightful flavors of Baked Cardoons, or Cardi al Forno, a traditional Italian side dish that will elevate any meal. Cardoons, often described as a cross between artichokes and celery, offer a unique taste and texture that is both tender and slightly nutty. When baked with a medley of s...

Ingredients

- ☐ 4 fillet anchovy fillets, rinsed, patted dry, and thinly sliced
- ☐ ½ cup fresh bread crumbs (large "Big Boy" crumbs)
- ☐ ½ lemon, juiced, for garnish
- ☐ 4 tablespoons extra-virgin olive oil, plus extra for greasing the pan
- ☐ ½ bunch freshly chopped Italian parsley leaves
- ☐ ¼ cup freshly grated pecorino, plus 1/2 cup diced
- ☐ 6 servings Salt and freshly ground black pepper
- ☐ ¼ cup grated caciocavallo, plus 1/4 cup medium diced
- ☐ 20 stalks cleaned, boiled and dried cardoons
- ☐ ¼ cup grated caciocavallo, plus 1/4 cup medium diced
- ☐ 20 stalks cleaned, boiled and dried cardoons

EQUIPMENT Frying pan, Oven

Method

- 1 Preheat the oven to 350 degrees F.

- 2 Lightly grease a shallow 9 by 13-inch gratin dish. Arrange the cardoons in a single layer at the bottom of the pan.
- 3 Sprinkle 1/4 cup grated caciocavallo, 1/4 cup grated pecorino, bread crumbs and parsley over the cardoons and top with anchovies, diced caciocavallo and diced pecorino.
- 4 Season, to taste, with the salt and pepper.
- 5 Add 3 tablespoons olive oil and toss until well combined.
- 6 Drizzle the top with the remaining 1 tablespoon of olive oil.
- 7 Place in the oven and bake until the top is golden brown, about 25 minutes.
- 8 Serve hot with a squeeze of lemon.

Nutrition per serving

140	3 g	11 g	7 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.2 g · 13% of daily needs
Fibre			0.6 g · 2% of daily needs
Sugar			0.7 g · 1% of daily needs
Sodium			122 mg · 5% of daily needs
Cholesterol			5.9 mg · 2% of daily needs
Vitamin C			7.3 mg · 9% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/baked-cardoons-cardi-al-forno-145953](https://www.whatsheate.com/baked-cardoons-cardi-al-forno-145953)