

DINNER

Braised Artichokes with Ricotta and Spinach Stuffing

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
65 min	30 min	35 min	4	\$3.36	608 kcal

Braised Artichokes with Ricotta and Spinach Stuffing is a main course that serves 4. For \$3.36 per serving, this recipe covers 31% of your daily requirements of vitamins and minerals. One serving contains 608 calories, 37g of protein, and 40g of fat. It will be a hit at your Thanksgiving event.

Ingredients

- ☐ 2 whole artichokes
- ☐ ½ cup bread crumbs
- ☐ 2 garlic cloves, plus 5 garlic cloves, sliced, divided
- ☐ 2 tablespoons olive oil
- ☐ 8 ounces grated Pecorino Romano
- ☐ 4 servings Salt and pepper, to taste
- ☐ ½ cup sun-dried tomatoes in oil, chopped
- ☐ 2 bay leaves
- ☐ 1 egg
- ☐ ½ lemon, plus 2 lemons, juiced
- ☐ 4 sprigs parsley, chopped, plus 2 tablespoons chopped parsley
- ☐ 15 ounces ricotta cheese
- ☐ 2 cups fresh spinach leaves, chopped
- ☐ 2 cups vegetable broth or water

EQUIPMENT Oven, Knife, Mixing bowl, Baking pan, Casserole dish

Method

- 1 Wash artichokes under cold water. Using a stainless steel knife, trim the outer part of the stems. Pull off the lower petals that are small and tough.
- 2 Cut off the top inch of the artichoke then cut in half, top to bottom. Rub with half a lemon to preserve the green color.
- 3 Put the oil, broth, garlic, lemon and herbs in a casserole pan.
- 4 Place the artichoke halves in the liquid face down. Season with salt and pepper. Cover and bake in a preheated 350 degree F oven for 30 minutes until tender.
- 5 In a mixing bowl, combine ricotta, sun-dried tomatoes, 3 cloves of sliced garlic and spinach. Stir in the egg and about 6 ounces of cheese; season with salt and pepper. In a separate bowl, combine bread crumbs, oil, remaining slices of garlic, remaining cheese and parsley; season with salt and pepper.
- 6 Remove the artichokes from the pan and carefully scoop out the chokes. Fill the cavity of artichoke with the cheese mixture and place on a baking pan.
- 7 Sprinkle the tops with the bread crumb mixture. Broil for 5 minutes until the cheese is warm and the crumbs are browned.
- 8 Serve with lemon wedges.

Nutrition per serving

	608 KCAL	37 g PROTEIN	40 g FAT	28 g CARBS
Saturated Fat				20.3 g · 127% of daily needs
Fibre				5.3 g · 21% of daily needs
Sugar				3.4 g · 4% of daily needs
Sodium				1,658 mg · 72% of daily needs
Cholesterol				154 mg · 51% of daily needs
Vitamin C				29 mg · 35% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/recipe/148195](https://www.whatsheate.com/recipe/148195)