

STARTER & SNACK

Roasted Artichoke Salad with Lemon and Mint

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$4.45	305 kcal

If you want to add more gluten free and primal recipes to your recipe box, Roasted Artichoke Salad with Lemon and Mint might be a recipe you should try. One portion of this dish contains around 17g of protein, 14g of fat, and a total of 305 calories. This recipe serves 4.

Ingredients

☐ 3 pounds baby artichokes, rinsed, trimmed, and quartered (about 3 in. long; see	☐ 3 tablespoons chopped fresh mint
☐ 2 tablespoons lemon juice	☐ 3 tablespoons olive oil
☐ 2 ounces parmesan cheese	☐ ¼ teaspoon pepper
☐ ¼ teaspoon salt	

EQUIPMENT Bowl, Oven, Knife, Baking pan, Peeler

Method

- 1 In a 12- by 18-inch baking pan, mix artichokes with 2 tablespoons oil, the salt, and the pepper to coat.
- 2 Bake in a 450 oven, stirring occasionally, until artichokes are browned and crisp at the edges and tender when pierced, about 15 minutes.
- 3 Spoon artichokes into a bowl and add lemon juice, mint, and remaining 1 tablespoon oil; mix thoroughly. Using a vegetable peeler, shave parmesan cheese over salad.

- 4 Serve warm.
- 5 Cut off the stem at the base of the artichoke, using a sharp knife.
- 6 Peel back and snap off the leaves all around the base of the artichoke until you reach the tender layer of leaves that are yellow at the bottom and green at the top.
- 7 Cut off the top third of the remaining leaves (the green part). With a sharp paring knife, trim off all of the remaining green, fibrous material from around the base of the artichoke.

Nutrition per serving

305

KCAL

17 g

PROTEIN

14 g

FAT

38 g

CARBS

Saturated Fat	3.8 g · 24% of daily needs
Fibre	18.7 g · 75% of daily needs
Sugar	6.4 g · 7% of daily needs
Sodium	799 mg · 35% of daily needs
Cholesterol	9.6 mg · 3% of daily needs
Vitamin C	10.9 mg · 13% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roasted-artichoke-salad-with-lemon-and-mint-148457