



Roasted Baby Artichokes with Spring Salsa

 Gluten Free

READY IN



135 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 baby artichokes trimmed to 1 in.
- ☐ 15 baby arugula leaves
- ☐ 0.3 cup blanched almonds and toasted finely chopped
- ☐ 0.5 cup dill fronds loosely packed chopped
- ☐ 1 cup avarakkai / broad beans peeled finely chopped
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.5 tsp kosher salt
- ☐ 2 tablespoons lemon zest divided

- ☐ 1.5 tablespoons meyer lemon juice
- ☐ 0.7 cup olive oil extra-virgin divided
- ☐ 0.8 cup mild olives such as castelvetrano green pitted
- ☐ 2 oz parmesan cheese chunk at room temperature
- ☐ 0.5 teaspoon chile flakes red
- ☐ 2 teaspoons rosemary chopped
- ☐ 6 to 8 thyme sprigs

Equipment

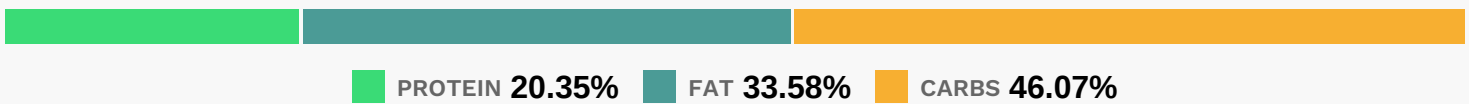
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup
- ☐ cutting board
- ☐ peeler

Directions

- ☐ Preheat oven to 30
- ☐ Snap off leaves of artichokes down to the yellow-green layer. Trim green tips of remaining leaves and fibrous surface from stems.
- ☐ Pour 1/4 cup oil into a small rimmed baking pan.
- ☐ Add artichokes, herbs, 4 tsp. zest, and 1/2 tsp. salt; turn to coat artichokes. Cover pan with foil and roast artichokes until tender when pierced with the tip of a knife, 30 to 45 minutes.
- ☐ Uncover pan and set oven to broil. Broil artichokes, turning every minute or so, until browned all over, about 8 minutes.
- ☐ Transfer artichokes to a cutting board.

- ☐ Pour any oil from pan into a measuring cup and add enough extra oil to equal 1/2 cup; then pour into a large cast-iron or nonstick frying pan.
- ☐ Heat artichoke oil over medium-high heat.
- ☐ Add fava beans and cook, stirring often, until favas are heated through, 3 to 4 minutes.
- ☐ Add chile flakes, garlic, and remaining lemon zest and cook 1 minute.
- ☐ Pour into a bowl and gently toss with lemon juice, almonds, dill, and salt to taste.
- ☐ Add extra oil to loosen if you like.
- ☐ Cut some artichokes in half and divide, with whole artichokes, among 4 plates (or arrange on a platter). Spoon salsa over and around the artichokes and scatter olives here and there. Using a vegetable peeler, generously shave wide curls of parmesan over each plate. Top with miner's lettuce.
- ☐ *To peel favas, shuck 1 lb. whole pods. Blanch beans 2 minutes in boiling water, dunk in cold water, and pop out of skins (slit skins with a knife or your fingernail); you should have about 1 cup.
- ☐ Quick twist: Use fresh kiwi fruit (yes, kiwi!) instead of artichokes. Peel, slice, drizzle with extra-virgin olive oil, and sprinkle with sea salt and freshly ground black pepper. Skip the salsa. Top with miner's lettuce (or another mild, tender green such as mche), shaved parmesan, and toasted chopped macadamia nuts.

Nutrition Facts



Properties

Glycemic Index:75.63, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:21.696956519199%

Flavonoids

Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 2.88mg, Isorhamnetin: 2.88mg, Isorhamnetin: 2.88mg, Isorhamnetin: 2.88mg Kaempferol: 3.4mg, Kaempferol: 3.4mg, Kaempferol: 3.4mg, Kaempferol: 3.4mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 450.15kcal (22.51%), Fat: 19.23g (29.59%), Saturated Fat: 4.2g (26.27%), Carbohydrates: 59.37g (19.79%), Net Carbohydrates: 31.71g (11.53%), Sugar: 9.54g (10.61%), Cholesterol: 9.64mg (3.21%), Sodium: 1457.91mg (63.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.44%), Fiber: 27.66g (110.65%), Vitamin A: 4792.78IU (95.86%), Iron: 8.86mg (49.23%), Calcium: 399.79mg (39.98%), Vitamin C: 23.63mg (28.64%), Vitamin E: 4.04mg (26.96%), Manganese: 0.48mg (23.84%), Phosphorus: 203.6mg (20.36%), Folate: 68.74µg (17.18%), Magnesium: 59.09mg (14.77%), Vitamin K: 14.62µg (13.92%), Copper: 0.26mg (12.89%), Vitamin B2: 0.18mg (10.54%), Potassium: 295.22mg (8.43%), Zinc: 1.21mg (8.07%), Selenium: 5.04µg (7.21%), Vitamin B6: 0.11mg (5.52%), Vitamin B1: 0.08mg (5.46%), Vitamin B3: 0.87mg (4.33%), Vitamin B12: 0.17µg (2.83%), Vitamin B5: 0.25mg (2.54%)