

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Artichoke



You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce of the Week

What vegetable is eaten for its “heart”?

### ARTICHOKES!

- ◇ Select artichokes that are heavy for their size
- ◇ Pick artichokes that are plump and have tight heads
- ◇ Look for artichokes that have few blemishes and are dark green or green and purple
- ◇ Artichokes can keep in the refrigerator for up to a week
- ◇ Store in a plastic bag, but watch for moisture to prevent mold growth

### Nutrition Facts:

- ◆ **One medium artichoke is one serving**
- ◆ **One serving contains about 25 calories**
- ◆ **Artichokes are a good source of vitamin C & fiber**

### Did you know ??

- ⇒ California grows the most artichokes in the USA, primarily in Monterey County
- ⇒ Monterey is known as the “Artichoke center of the World”
- ⇒ The artichoke is the “official vegetable” of Monterey

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

4 S Eagleville Rd ♦ Mansfield CT 06268  
860.429.3325 www.ehhd.org

# Try these delicious, nutritious and healthy recipes!

## Artichokes with Dip

4 Servings

### INGREDIENTS

4 fresh artichokes	1/4 cup prepared mustard
2 T cider vinegar	2 T soy sauce
2 T honey	

### DIRECTIONS

Wash artichokes under cold running water. Cut off stems at base and remove small bottom leaves. Stand artichokes upright in deep saucepan large enough to hold snugly. Add two to three inches of water. (Lemon juice, herbs, garlic powder or onion powder may be added, if desired.) Cover and boil gently 35 to 45 minutes or until base can be pierced easily with fork. (Add a little more boiling water, if needed.) Turn artichokes upside down to drain. Cool completely; cover and refrigerate to chill.

For dip, combine mustard, vinegar, honey and soy sauce; mix well and serve.

Note: Eat artichoke by holding a leaf and scraping it over the lower teeth until you get to the tender heart!

**How to prepare a fresh artichoke:** Remove the outer three layers of leaves (starting from the bottom), and cut off the top 2". Slice off the remaining leaves and peel the bright green outer flesh from the stem. Place the artichoke stem up on a cutting board and slice from the top down into 8 pieces. Remove all traces of fuzzy 'choke' from each of the 8 heart pieces. You are now ready to cook and eat the artichoke hearts! (Toss with lemon juice to prevent browning)

## Baked Artichoke Casserole

4 Servings

### INGREDIENTS

2 fresh artichokes	2 onions, sliced
2 T olive oil	1 tsp Italian seasoning
2 fresh tomatoes, sliced	6 oz Mozzarella cheese, sliced

### DIRECTIONS

Prepare the fresh artichoke as directed above. Slice remaining 'hearts' 1/4 inch thick. Sauté onions in olive oil until tender (6—8 minutes). Place onion in the bottom of a 2 quart baking dish; sprinkle with seasoning. Top with tomato slices, artichoke slices and cheese. Cover and bake at 375° for 40 minutes.

Recipes modified from [morematters.org](http://morematters.org) & CA Artichoke Advisory Board

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**