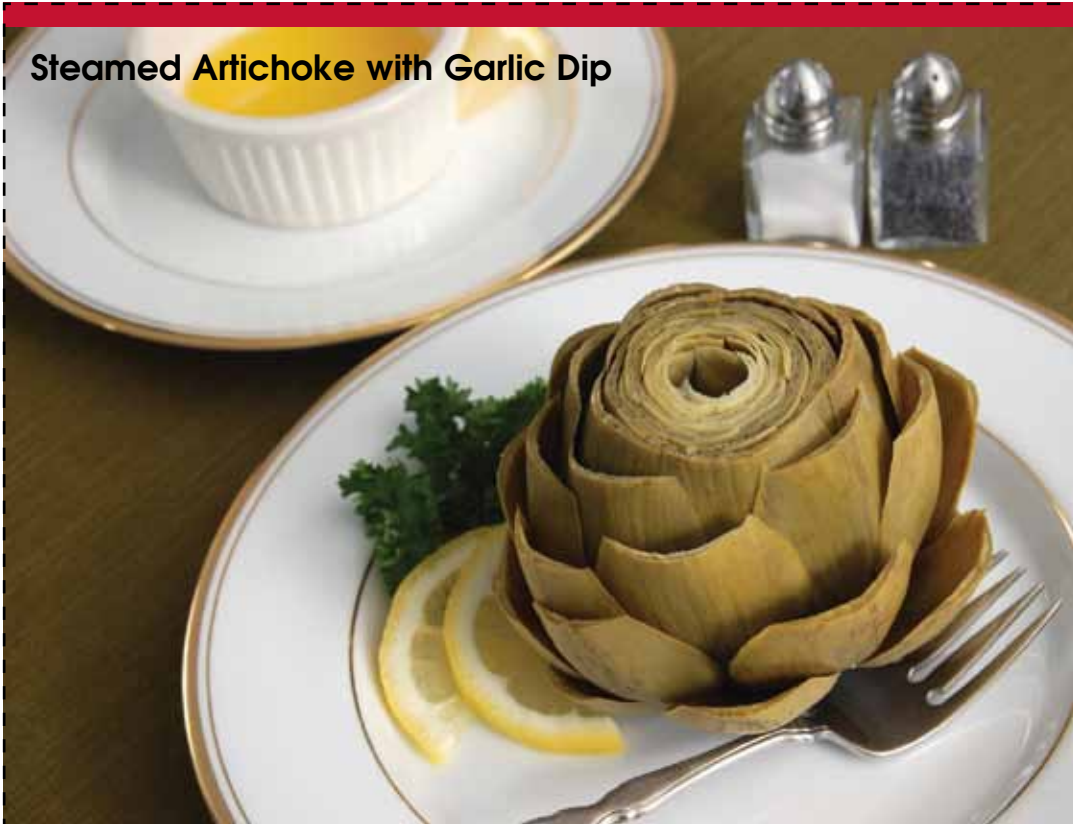


## Steamed Artichoke with Garlic Dip



Prep Time: 10 minutes. Total Time: 40 minutes.

Serve these artichokes as an appetizer or as a fun, finger food during your meal.

### Ingredients

- 4 sprigs parsley
- 2 garlic cloves
- 2 bay leaves
- 2 lemons, cut in half
- 1 quart chicken broth or water
- 2 whole artichokes

### Sauce

2 Tablespoons trans fat free tub butter  
(like Smart Balance Omega Plus Spread)  
1 Tablespoon minced garlic  
Salt and pepper, to taste

### Preparations

1. Place the parsley, garlic, bay leaves, lemon halves, and broth in the bottom of a large pot (about 2 inches of liquid in the pot) and bring to a simmer.
2. Prepare the artichokes by rinsing, cutting off the top inch, trimming the stem, and cutting the thorns off the leaves.
3. Place the artichokes in the pot, stem side up, cover, and steam for 30 minutes or until the stem and leaves are tender. Take out the artichokes and drain them.
4. While the artichokes are steaming, melt 2 tablespoons of tub butter and mix with 1 tablespoon of minced garlic. Dip the leaves and heart into this sauce or eat them without it!

### Nutrition Facts

Serving size: 1 artichoke with 1 tbsp sauce	
Amount Per Serving	
Calories 162	
<b>Total Fat</b>	9.4g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	175mg
<b>Total Carbohydrate</b>	16.8g
Dietary Fiber	10.6g
<b>Protein</b>	4g
<b>Carbohydrate Serving</b>	1



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