

Stuffed Artichokes

A beautiful dish from an ordinary vegetable.



Cooking Information:

Serves: 4-5

Total Time: 1 hour

Ingredients:

- * 4 large globe artichokes
- * 2 lemons: 1 cut in half, 1 juiced
- * ½ cup bulgur
- * 1 clove garlic, minced
- * 1 ½ cups low-sodium vegetable broth
- * 2 cups spinach, coarsely chopped
- * ½ cup crumbled feta
- * ¼ cup pine nuts, toasted
- * ½ tbsp dried oregano
- * ½ tbsp ground pepper
- * 2 tbsp olive oil

Magnesium Per Ingredient*:

- 288 mg (72 per globe)**
- 6 mg (3 per lemon)**
- 0 mg**
- 0 mg**
- 0 mg**
- 48 mg**
- 5 mg**
- 22 mg**
- 4 mg**
- 4 mg**
- 0 mg**

Directions

1. Boil large pot of water.
2. Remove artichoke stems. Cut off the sharp tips of each artichoke leaf. Separate leaves and pull out enough from the center to reveal choke. Remove choke with a teaspoon and squeeze juice from ½ of lemon into the cavity. Rub the remainder of the lemon over the artichoke to prevent discoloration.
3. Pour lemon juice into boiling water; add the artichokes. Cook for approximately 25 minutes or until tender.
4. Concurrently, in a heatproof bowl, combine bulgur and garlic. Boil 1 cup of vegetable broth and pour over bulgur. Let sit for 30 minutes or until liquid is absorbed. After, mix in the remaining ingredients.
5. Preheat oven to 350°F.
6. Drain artichokes on paper towels. Transfer onto baking dish. Stuff bulgur mixture into each artichoke cavity. Pour remaining broth into the bottom of the dish. Drizzle olive oil over the artichokes. Bake for 20 minutes.

One serving of this recipe contains approximately 75-94 mg of magnesium* based on the *Magnesium Calculator* within this site. Visit our *Magnesium Calculator* to find out how much magnesium is in your favorite recipes.

***This is only an approximation of magnesium intake.**