

## Stuffed Artichokes

### Ingredients:

4 artichokes  
2 cups of Italian Seasoned Bread Crumbs  
1/2 cup of grated pecorino romano cheese  
4 cloves of garlic, peeled and minced  
a handful of Italian parsley, chopped  
EVOO  
Salt and Pepper  
1 can of low sodium chicken broth

### Directions:

Cut the stem off of each artichoke.  
Trim the top of the leaves if they are sharp. You can use kitchen scissors for that part.  
Rinse the artichokes and get between leaves as much as you can.  
Turn over and let them drain on a paper towel.  
Mix the bread crumbs, cheese, garlic and parsley in a large bowl.  
Season with salt and pepper.  
Drizzle the mixture with about 2 tablespoons of olive oil. Mix again.  
Stuff the artichokes with the bread crumb mixture making sure you get between each leaf.  
Add about 1 inch of water in a deep saucepan.  
Add another 1 inch of chicken broth.  
Put the artichokes in the pan and cover. They will need to simmer for about 45 minutes to an hour or until they are tender and the leaves easily pull out.  
As the artichokes cook, keep your eye on the water and broth in the bottom of the pan. As it simmers down, add a little more. Every 15 minutes or so, spoon the water and broth over the top of the artichokes.

### Notes:

Eating these is interesting and oh so rewarding! After the messy adventure of eating the artichoke, you get rewarded with the heart. Don't forget to cut the spikes off near the heart and add a lot of salt. Heaven!

