



Steamed Artichoke with Artichoke Parmesan Dip

NIBBLEDISH CONTRIBUTOR

Ingredients

4 Artichokes
Water

Dip:

1 Jar Artichoke Hearts
1 Cup Mayonaise
1 Cup Parmesan Cheese
Scallions, diced

Instructions

1. Bring water to boil in large pot.
 2. In the meantime, prepare the artichokes for cooking. To prepare artichoke for cooking, you will need sharp kitchen sheers.
 3. With sheers remove the "spikes" or thorns off each leaf. With large knife cut the very top of the artichoke where leaves come together and thorns are more abundant. With same knife cut off the stem.
 4. Place artichokes in boiling water, and cook on medium heat for 20-30 minutes until the leaves have darkened in color and the artichoke is tender.
 5. In the meantime, make the dip by mixing all ingredients, except scallions, together. Place in oven proof dish and bake at 350 degrees, covered with foil, for about 20 minutes or until bubbling and the top is slightly browned.
 6. Remove dip from heat and let cool, this is about the same time that the artichokes are ready too. Remove artichokes with laddle or tongs. When you lift from the water, turn upside down to release all the water from inside the artichoke. Place in serving plate. Sprinkle diced scallions on top of the dip and place next to artichokes in serving plate.
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Serve immediately.

Healthy and pleasing appetizer for 4-6.