

Mushroom Stuffed Artichoke



Makes:

2 - 4 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
2.5 Qt. (1.49L) Culinary Basket
9" Small Skillet with Cover

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Recipe:

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Recipe Description:

Stuffed artichokes are a fun food to eat, using your fingers to slowly devour piece by piece until you reach the heart or the bud of the plant buried in the middle (at which point a fork and knife are helpful, but not necessary).

Artichokes are easy to digest, low in calories and high in fiber, vitamin C, magnesium, iron, calcium and more.

Vapor cooking in the culinary basket reduces cooking time and produces a moist and succulent vegetable.

2 fresh artichokes, trimmed, stem cut down to base
juice from 1 lemon, divided
1 ½ cups
water or vegetable stock
(360
mL)
½ cup
white wine
(120
mL)
2 cloves
garlic, crushed

Stuffing

½
onion, minced 2
cloves garlic, minced 8
ounces baby bella mushrooms, washed, trimmed and minced
(227 g)
½
teaspoon basil, (1 g)

dry $\frac{1}{2}$
 teaspoon thyme, (1 g) $\frac{1}{2}$
 dry 2
 cup breadcrumbs, whole grain or gluten (54 g) $\frac{1}{4}$
 free $\frac{1}{4}$
 tablespoons fresh parsley, minced (8 g) teaspoon salt (1.5 g)
 teaspoon fresh ground pepper (.5 g) **Optional**

2 teaspoons extra virgin olive (10 mL) **Directions:**
 oil

- 12 Wash and trim artichokes. Cut off stem end of each
 teaspoons pecorino Romano cheese, shredded, use Cone (30
 #1 g)
 artichoke to the base. Cut off top 1-inch of each artichoke with
 a serrated knife to remove sharp thorns. Trim remaining
 thorns from artichoke leaves using kitchen shears and cutting
 off top $\frac{1}{2}$ -inch of each leaf.
- When artichokes are trimmed, squeeze juice of $\frac{1}{2}$ lemon over
 top to prevent browning.
 - Set artichokes aside while making stuffing.
 - Preheat skillet on medium heat. When several drops of water
 sprinkled on skillet skitter and dissipate, approximately 5 - 7
 minutes, add onions and garlic and sauté for 4 - 5 minutes
 until they start to brown lightly.
 - Add mushrooms, basil and thyme to skillet. Continue to sauté
 mixture, stirring frequently. Mushrooms will begin to release
 liquid. Cook for an additional 3 - 4 minutes until almost all of
 liquid has evaporated.
 - Add breadcrumbs, parsley, salt and pepper and remaining
 lemon juice. Remove from heat.
 - Divide stuffing in half. Spoon stuffing into base of artichoke
 leaves in small amounts ($\frac{1}{2}$ - 1 teaspoon of filling per leaf).
 - Place stuffed artichokes carefully into culinary basket.
 - Add water or stock, wine and crushed garlic in bottom of
 sauce pan. Place on medium-high heat and cover. When
 Vapo-Valve™ clicks carefully, remove cover and insert
 culinary basket with stuffed artichokes in sauce pan. Cover.
 - When Vapo-Valve™ clicks, reduce heat to medium-low and
 cook for approximately 30 - 35 minutes or until artichokes are
 cooked through. Artichokes are cooked through when leaves
 can be easily pulled off of the artichokes.
 - Remove sauce pan and culinary basket from stove. Carefully
 remove the cover and lift artichokes out of culinary basket
 onto plates with a long handled slotted spoon.
 - Serve as is or top each artichoke with a drizzle of extra virgin
 olive oil and grated pecorino Romano cheese.

Tips:

- When eating artichoke, pull out the choke. The choke is hair
 like fibers in the center of the artichoke that covers the
 artichoke heart. Pull out small inner leaves to uncover the
 choke and use a spoon to gently scrape off choke. You will be
 rewarded with the rich buttery tasting artichoke heart
 underneath. Enjoy!

Nutritional Information per

▼ Serving

Calories: 139
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 314mg
Total 24g
Carbs:
Dietary Fiber: 6g
Sugar: 4g
Protein: 6g

Analysis based on 4 servings; does not include optional ingredients (olive oil and cheese)
