

## Stuffed Artichokes

### By Lennie Jo Barnes

2-4 large artichokes  
1 TLB of Vinegar and water to fill each artichoke

#### Stuffing:

½ cup Italian bread crumbs.  
¼ cup parmesan cheese  
1 TLB of Dried parsley  
1 Tsp. Onion Power  
2-4 cups grated mozzarella cheese  
A few finely chopped mushrooms (may be omitted)  
1 egg added.

Lightly toss together and set aside

Grab hold to the side of the artichoke on the cutting board. Cut off top leaves or tips of artichokes, about 1/3 of the way down.

.Cut off bottom stem of artichoke close to bulb. Insert knife into stem for an X cut. Stretch bulb and fill with water under facet. Add a tablespoon of vinegar.

.Place artichokes in a large microwave bowl. Cover with saran wrap and poke one hold on top with knife.

Cook on high power for 12 minutes Per artichoke.

Remove and turn over. Take off plastic wrap carefully. Stretch leaves apart with spoon.

At this point you may stuff the artichoke or take out the center soft leaves with a simple pinch or twist and scrap out the hairy choke. (I like to do this if I am stuffing the center with burger or shrimp.)

Most of the times we eat these without stuffing and scrap the hairy choke off with a spoon.

Cook right side up, covered in the microwave again for another 10 minutes per artichoke.

Don't drain water.

Save the heart (soft spot in the middle) for last treat, it is the best part. My family likes to eat them with mayonnaise. We simple scrape the bottom soft part of the leaves with our teeth and discard the rest.



