

Meat-free Monday **No fuss baked artichokes**

Ingredients

- 2 large artichokes, rinsed and trimmed
- 1 whole lemon, cut in half
- 4 cloves garlic, sliced,
- 2 tablespoons olive oil
- Sea salt to taste
- 4 sheets of heavy duty foil wrap



Artichokes contain BOTH prebiotics and probiotics which have positive impact on your gut bacteria leading to improved immunity, digestion and mental wellbeing.

Method

1. Preheat oven to 200°C. Squeeze half a lemon on the top of each trimmed artichoke. Drizzle each artichoke with a tablespoon of olive oil (allowing oil to go in between artichoke leaves). Stuff two cloves of sliced garlic between leaves of each artichoke.
2. Sprinkle each artichoke with salt. Double wrap each artichoke with two layers of heavy duty foil. Seal well on top by twisting and pinching foil packets. Place in the oven and bake.
3. Bake large sized artichokes for 1 hour 20 minutes. For medium sized artichokes, bake for 1 hour. Remove artichokes from oven. When cool enough to handle, unwrap and enjoy with a side of baked fish or chicken breast.



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