

## ROASTED BABY ARTICHOKE WITH LEMON AND PARMESAN

### INGREDIENTS

12 baby artichokes  
1 lemon  
3 tablespoons good olive oil  
3 tablespoons grated Parmesan  
1 teaspoon coarse salt  
freshly ground pepper

### INSTRUCTIONS

Preheat the oven to 400F. Cut your lemon in half and set aside. Set out a small roasting pan and rub bottom with a bit of olive oil.

Prep the artichokes by peeling off the hard outer leaves and cutting off the top 1/2-inch of the choke. Now slice them vertically into 4 pieces and rub them all over with a lemon half (they will turn brown very quickly if you do not do this). Place them in the roasting pan as you go.

Once all are sliced, drizzle with the olive oil and use your hands to toss the chokes with the oil until coated. Bake for 20-22 minutes or until they're tender.

Remove from oven, place in a bowl and toss with juice from the other half a lemon, Parmesan, salt and pepper.