Spring prime time for artichokes

Artichoke's nutty flavor and meaty texture make it a favorite vegetable of many Americans – whether cooked or raw, hot or cold, savored alone or with other ingredients in salads or cooked dishes.

Native to the Mediterranean region, artichokes were introduced to this country by French settlers in Louisiana and by the Spanish in California. Today, virtually all commercially grown domestic artichokes are produced in California, where their cultivation was firmly established a century ago by Italian immigrants.

Low in calories and fat-free, artichokes are a good source of dietary fiber and nutrients including vitamin C, folate and magnesium.

When selecting artichokes, choose those with an even green color and avoid any that are wilted, moldy or dried out. Ranging in size from baby to jumbo, all artichokes are mature when picked. Small artichokes are ideal for appetizers or entrees and, when properly trimmed, every part is edible. Medium-sized artichokes are best sliced and stir-fried, or stuffed with a favorite hot or cold filling.

Large artichokes are delicious as a stuffed entree or as an appetizer with a low-fat dip.

Don't be put off by the artichoke's thistle thorns and intimidating appearance. Just break off and discard the outer leaves. Trim away the inner, tender leaves and reserve for another use – our focus for now is the artichoke heart. Scrape up the thicket of fuzz beneath the leaf stems, called the choke, which will come out in small pieces. Beneath the choke is the prize – the meaty bottom, or heart.

Exposed to the air, cut raw artichoke turns dark, but this discoloration can be minimized if the heart is immediately dipped in a mixture of water and vinegar or lemon juice.

The raw artichoke heart can be sliced paper-thin and added to a salad. But artichoke hearts work especially well in simple rice dishes, especially those made with the short-grained rice used to prepare the famous Italian risotto.

RISOTTO WITH ARTICHOKES

1/2 cup finely chopped onion
2 cups sliced artichoke hearts
1 tablespoon minced garlic
2 cups Arborio rice
1/3 cup dry white wine or beef broth
1 (14 1/2 ounce) can beef broth
Salt and pepper to taste
1/4 cup chopped fresh parsley
1/4 cup grated Parmesan cheese

In a large skillet coated with non-stick cooking spray, sauté onion several minutes or until it begins to soften. Add artichokes and garlic and continue cooking until onion is tender. Add rice, stir and cook until rice is opaque, 1 to 3 minutes. Add the wine or broth and cook, stirring frequently, until liquid is completely absorbed, about 3 minutes.

Heat the beef broth in the microwave or in saucepan on the stove until hot. Add 1/2 cup of the heated broth to the rice mixture, stirring frequently, until most of the liquid is absorbed, 3 to 5 minutes. Continue adding remaining broth, 1/2 cup at a time, stirring constantly and letting liquid absorb after each addition. Cook until rice is creamy and the kernels just slightly "chewy," about 25 minutes. If more liquid is needed, use water.

When risotto is done, season to taste with salt and pepper. Add parsley and Parmesan cheese. Stir until well blended and serve immediately.

Nutritional Information: Makes 8 servings, each containing 258 calories and 1 gram of fat.

Recipe courtesy of the American Institute for Cancer Research.

AMERICAN INSTITUTE FOR CANCER RESEARCH

Side dish: *Artichoke hearts work especially well in simple rice dishes such as Risotto with Artichokes.*

WHAT'S COOKING

■ **Vegetarian Cooking** – Lenore Yalisove Baum, author of *Lenore's Natural Cuisine, Your Essential Guide to Wholesome Vegetarian Cooking*, conducts vegetarian cooking classes at Lenore's Natural Cuisine, 22899 Inkster, Farmington Hills. Baum teaches a beginning cooking series of four classes from 6-9 p.m. on Mondays in June. Other June classes from 6 to 9 p.m. on Wednesdays include: pressure cooking, June 7; Mideast favorites, June 14; cool pasta salads, June 21; and delicious vegetables, June 28. Call (248) 478-4455.

■ **Herbs and Spices** – Herbs and spices have many uses for enjoyment and good health. Peter Stark of Renaissance Acres and the M-Fit Culinary Team will show quick and easy recipes to incorporate herbs and spices into favorite foods 6-8 p.m. Wednesday, June 7, at the demonstration kitchen of the East Ann Arbor Health Center, 4260 Plymouth Road in Ann Arbor. Call Nicole Goyarts at (734) 975-4387, ext. 236, to register. Fee is $20 individuals, $35 couples.

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