



HOW TO INSTANT POT ARTICHOKES



Serves: 3



Prep Time: 5 minutes
Cook Time: 20 minutes

INGREDIENTS

2 large Ocean Mist Farms' artichokes, rinsed and trimmed

1 cup water

1 lemon, cut in wedges

Salt and pepper, to taste



ADD

Water and lemons to the bottom of the Instant Pot.



PLACE

Artichokes on top of the steaming rack in the Instant Pot stem side down.



SEASON

With salt and pepper.



SEAL

And select "pressure cook" on high for 15 minutes.



RELEASE

Pressure naturally for 10 minutes or select instant release.



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