



# HOW TO MICROWAVE BABY ARTICHOKEs



Serves: 9-12



Prep Time: 15 minutes  
Cook Time: 10 minutes

## INGREDIENTS

9-12 Ocean Mist Farms  
Baby Artichokes, rinsed  
and trimmed

Salt and pepper, to taste

Additional seasonings of  
choice



### PLACE

9-12 prepared whole  
Baby Artichokes in  
microwavable bowl with  
2/3 cup water.



### ADD

Any desired  
seasoning, wine or  
broth for additional  
flavor. Cover bowl.



### MICROWAVE

On high for 10 minutes, or  
until Baby Artichokes are  
tender. Enjoy whole or use  
in your favorite recipes.



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