

## Baked Artichokes with Lemon

3 large lemons  
2 artichokes  
3 cloves garlic, halved lengthwise  
¼ cup olive oil  
Coarse sea salt and freshly ground black pepper  
1 cup low salt chicken broth

Preheat oven 400 degrees

Fill a medium bowl with water and squeeze the juice of 1 lemon in the bowl. Rinse each artichoke and trim the stalk. Trim 1-inch off the top of each artichoke. Then cut each artichoke in half, from stalk to tips, and remove the choke with a spoon. Remove the tough outer leaves and add the prepared artichokes to the bowl of lemon water to keep from browning.

Slice the remaining lemons in a baking dish, large enough to place the artichokes in one even layer. Place the slices in the dish to form a bed for the artichokes. In the center of each artichoke, add the garlic halves and drizzle with half the olive oil. Sprinkle with salt and pepper then place cut side down in top of lemon slices. Pour the chicken stock around the inside, drizzle the remaining olive oil on top of the artichokes, sprinkle with salt and pepper and cover with aluminum foil. Bake in the oven until fork tender and the leaves pull off easily, about one hour.

Serves 4