



Recipe from: [My Catholic Tradition](#)

### **Globe Artichokes with Green Beans and Garlic Dressing**

SERVES FOUR TO SIX

8oz green beans

3 small globe artichokes

1 tbsp lemon flavored olive oil

1 cup garlic dressing or aioli

Cook the beans in boiling water for 1—2 minutes, until slightly softened.

Drain well.

Trim the artichoke stalks close to the base.

Cook them in a large pan of salted water for about 30 minutes, or until you can easily pull away a leaf from the base.

Drain well.

Using a sharp knife, halve them lengthways and ease out their chokes using a teaspoon.

Arrange the artichokes and beans on serving plates and drizzle with the oil.

Season with coarse salt and a little pepper.

Spoon the garlic dressing or aioli into the hearts and serve warm garnished with finely shredded lemon rind.

Serve lemon wedges with the artichokes so that their juice may be squeezed over to taste.