



# Artichokes

Even Artichokes have Hearts!



## Nutrition Tips to Increase Artichoke Consumption

- Place vegetables, such as steamed artichokes, cauliflower, broccoli and carrots on the dinner table about 10-15 minutes before dinner is served.
- Add artichoke hearts to your child's favorite dishes such as pastas or casseroles.
- Have your child dip the artichoke leaves in a small amount of olive oil. Teach them to pull off the leaves and use their teeth to scrape out the white flesh.
- Have your child build a spring-time salad. Add artichoke hearts, spinach, leaf lettuce, carrots, peas and strawberries.

## Nutrition Food Activities for Children

- Encourage your child to rub the artichoke leaves together and see if they make a squeaky sound. The squeaky sound is an indicator of freshness.
- Allow your child to peel off the artichoke leaves and encourage them to keep count. Whose artichoke has the most leaves?
- Challenge your child to get to the center of the artichoke to find the heart. Beware, there are prickly points.
- Let the child assist with artichoke preparation.
- Encourage your child to try a dish featuring artichokes the next time you're eating out at a restaurant.

## Pasta with Artichoke Hearts

Serves 6

### Ingredients:

3 Tbsp. olive oil  
1-2 cloves garlic, minced  
1 medium onion, diced  
1 (14 oz.) can artichoke hearts, drained and chopped  
1 (16 oz.) can stewed or crushed tomatoes  
1/8 tsp. crushed red pepper  
1 tsp. sugar  
1 Tbsp. basil  
1/4 cup white cooking wine  
1 lb. dried pasta  
1/4 cup Parmesan cheese

### Directions:

1. Prepare pasta as directed.
2. Sauté onion and garlic in olive oil.
3. Add artichoke hearts and sauté 10 minutes on low heat.
4. Raise heat, add tomatoes, pepper, sugar, basil, wine and bring to a boil, reduce heat and simmer for 35 minutes.
5. Serve prepared pasta with sauce and top with Parmesan cheese.



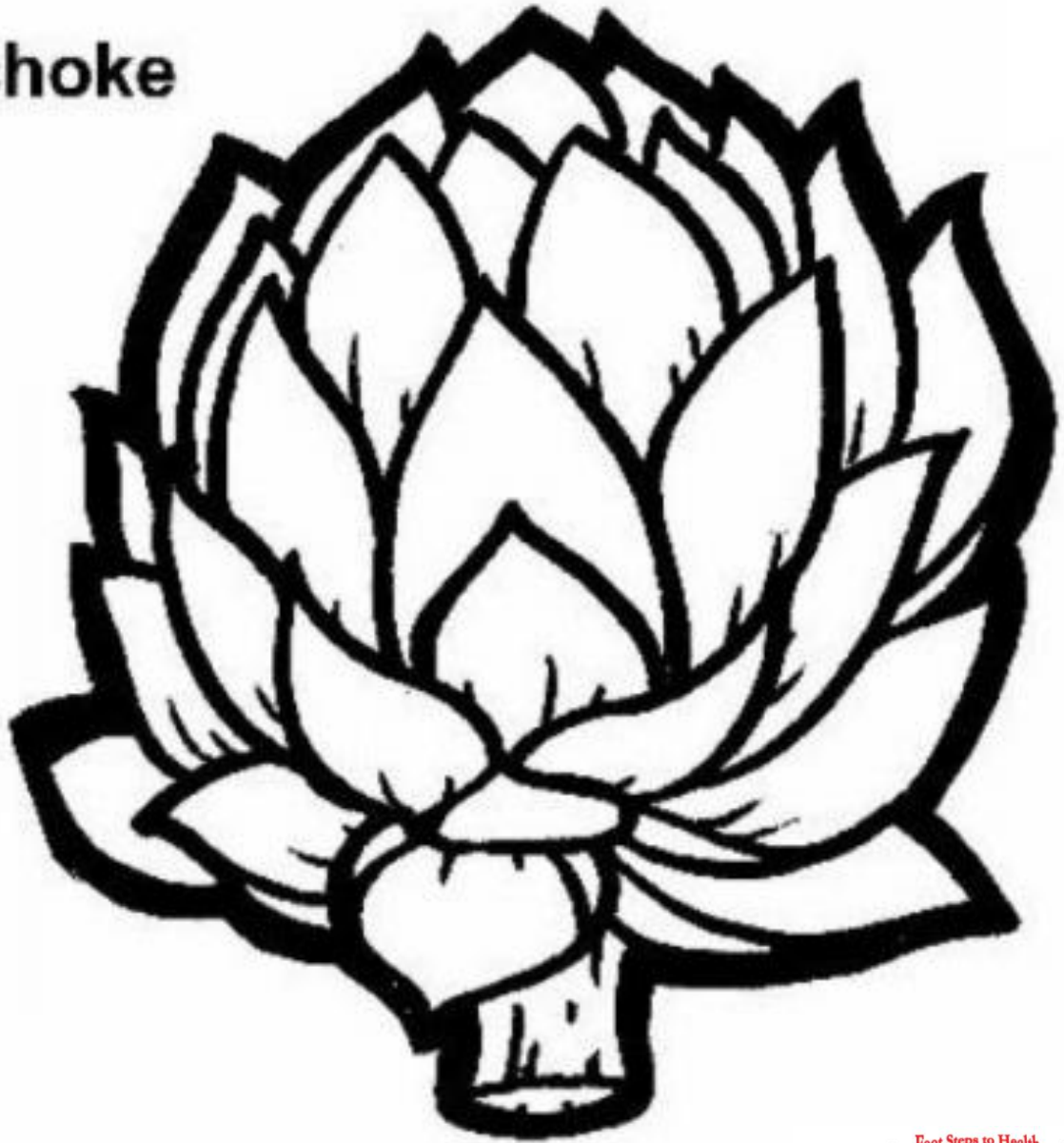
For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>

This publication was supported by the CDC Cooperative Agreement number U58/DP001494.  
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Eat More Fruits and Vegetables!

