

Artichokes can be a bit of a love-them or hate-them vegetable, but I think they are well worth the slightly fiddly dissection needed to eat them and make a lovely starter. Why not give them a try with this light red pepper dip!

Both globe artichokes and red peppers contain a plethora of beneficial nutrients. Globe artichokes are great sources of magnesium, chromium, vitamins C and A, folic acid, biotin, manganese, niacin, riboflavin, thiamine, and potassium. Most of the carbohydrates present in artichokes is in the form of inulin which is a prebiotic fibre that helps to feed the beneficial bacteria in the gut.

Red peppers are a good source of vitamins C, K, and B6, beta-carotene, thiamine, and folic acid, as well as the phytochemicals chlorogenic acid, coumaric acid, zeaxanthin, and lycopene.

Steamed artichokes with red pepper dip

(serves 2)

2 globe artichokes

1 large red pepper (diced)

½ medium onion (diced)

1 garlic clove (finely grated)

Juice and zest of half a lemon

1 tbsp extra virgin olive oil

2 tbsp live yoghurt

Pinch black pepper



Heat a frying pan on a medium heat adding the extra virgin olive oil, peppers, onions, and garlic, stirring regularly. Sautee until softened and set aside to cool.

Trim the stalks of the artichokes and cut a cross into the bottom of each, add them with the base facing down to the basket of a steamer, cover, and steam for around 15-30 minutes depending on the size of your artichokes. To check if they are done, test the base with the tip of a sharp knife, when they are tender, they are ready!

Set them aside on a serving plate to cool until they are easy to handle. Meanwhile, blend the cooled pepper mix with the juice and zest of ½ a lemon, black pepper, and 2 tbsp of yoghurt, until it forms a light, loose dip.

Serve the dip in a ramekin alongside the artichokes. Pull off each leaf, dip in the pepper mix, nibble off the pale, meaty flesh from the leaf, and enjoy!

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