



Stuffed Artichoke Stuffed with Chicken Sausage

Artichoke

Olive Oil

Garlic

Chicken sausage Out of the casing (squeeze out)

Breadcrumbs

Grated cheese Parmigiano-Reggiano

Pepper

White wine

Chicken stock

Usually one or two artichokes per person. Take artichoke and cut the bottom and top off, place in a pot filled with water 1/2 way up and steam them open.

Take olive oil and garlic and brown till golden. Add your chicken sausage and break apart in the saucepan. Add your chicken stock, white wine, and pepper. Continue to blend till ingredients have broken down. Add breadcrumbs, turn the flame off and mix till together well.

Stuff each artichoke by putting the stuffing in between each petal. Do this till the artichoke is completely stuffed in between every layer of petals. Place each artichoke in a roasting pan with a little more water on the bottom of the pan and pour chicken stock over the top. Cover and cook about 1 ½ hours. When the petals pull out very easily they are done. These are a challenge so you may need to try it a couple of times to get it right.

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