

# Different Styles To Savor Artichokes During Pregnancy



## Simmer artichokes



Let the artichokes simmer for about 20 to 30 minutes till a bottom leaf pulls away. Eat it plain or drizzle it with oil.

## Make a dip



A spinach artichoke dip is creamy, cheesy, and has the right amount of greenery.

## Make pasta



Pasta with artichoke is very easy to put together. Use canned artichoke hearts and creamy parmesan sauce.

## Artichoke bruschetta



Artichoke bruschetta is a crispy bread topped with artichoke hearts, lemon juice, and herbs. It is fresh and flavorful.

## Make a salad



Use grilled artichokes and turn it into a salad with beans, green salad leaves, lemon juice, garlic, and parmesan cheese.

## Make a creamy soup



Use canned artichoke hearts and make a creamy pea soup with avocado and greek yogurt.