

Grilled Artichokes with Lemon Dill Yogurt Sauce

Thank you to Melissa's Produce for the artichokes that inspired this recipe.

Ingredients

4-6 artichokes
2 lemons, halved
⅔ cup extra-virgin olive oil
⅓ cup fresh lemon juice
Big Green Egg Citrus & Herb seasoning
Salt and pepper to taste

Lemon-Dill Yogurt Sauce

1 cup plain low-fat Greek yogurt
2 tbsp fresh dill, chopped
2 tsp lemon zest
1 tbsp lemon juice
1 tbsp extra-virgin olive oil

Method

Fill a large bowl with water; squeeze in the juice from one-half lemon; add the lemon half. Snip the tips off each of the artichoke leaves, then cut the artichoke in half lengthwise through the stem. Scoop out the choke. Add the artichokes to the lemon water to prevent browning while trimming the remaining artichokes.

Bring a large pot of salted water to a boil. Drain the artichokes, add to the pot and boil until slightly tender, about 20-25 minutes. Drain and cool.

Set the EGG for indirect cooking with a convEGGtor at 450°F/232°C.

Whisk the oil and lemon juice in a small bowl. Add Big Green Egg Citrus & HerbS to taste. Add salt and pepper if needed. Brush the artichokes with dressing and place them face down on the cooking grid. Grill until lightly charred in spots, turning occasionally, for about 8 minutes. Transfer the artichokes to a platter.

While the artichokes are cooking, make the lemon-dill yogurt sauce. Combine the sauce ingredients in a small bowl; stir until well combined.

Remove the artichoke from the EGG and serve with the sauce. Enjoy!

