

## Steamed Artichoke, Cajun Style

Preparation time: 1 minute

Cooking time: 5 minutes

Serves 2

- Ingredients

- 1 fresh artichoke
- Olive oil
- Cajun seasoning

- Directions

- Rinse off the artichoke and trim off the top and the stem ( rub the cut off stem with lemon juice to prevent discoloration, optional)
- Open up the petals and drizzle with olive oil and Cajun seasoning
- Place artichoke in a medium Zip'n Steam bag
- Seal the bag and place in microwave
- Cook on HIGH for 5 minutes
- Allow bag to stand 1 minute before handling
- Carefully open bag and pour out content

Garnish with mayo and lemon juice and Enjoy!