

Artichoke Vinaigrette Dip

3 Regular sized artichokes

1 tsp. vinegar

3 tsp. oil

1 or 2 garlic chopped up

fresh parsley

salt & pepper to taste

Mix all ingredients together, except the artichokes, and stir vigorously. Clean and boil artichokes for 45 minutes, depending on size. Drain and dip end or tip in dressing. Cut up and dip heart in dressing.

*Good with salad as a dressing.