

## Capernaum Thistles

(Chicken Stuffed Artichokes)

Makes 4 servings

4 artichokes  
2 tablespoons vinegar  
1½ teaspoons salt, divided  
4 cups chopped, cooked chicken  
¼ cup dry bread crumbs  
¼ cup grated Romano or Parmesan cheese  
¼ cup milk  
2 eggs, beaten  
2 tablespoons chopped chives  
½ teaspoon chopped fresh tarragon  
¼ teaspoon ground white pepper

1. Wash artichokes, trim stems, remove outer leaves and snip off tips of remaining leaves. Spread and press leaves apart; remove center leaves and choke with a spoon.
2. Fill large saucepan with 1-inch of water and vinegar; bring to a boil. Season artichokes with 1 teaspoon salt. Add artichokes to saucepan; cook, covered, 30 minutes or until stems can be easily pierced with a fork. Remove artichokes to large paper-towel lined baking sheet; turn upside down to drain.
3. Preheat oven to 350°F. Spray 13X9-inch baking pan with nonstick cooking spray.
4. Combine chicken, bread crumbs, cheese, milk, eggs, chives, tarragon, remaining ½ teaspoon salt and white pepper in large bowl; stir to blend. Arrange artichokes in prepared pan; fill evenly with chicken mixture.
5. Bake, covered, 20 minutes. Uncover. Bake 5 to 10 minutes.

*Courtesy: Tasting Party of Bible Foods (October 11, 1978)*