

Vegetable

SAUTÉED ASPARAGUS

with garlic & lemon

INGREDIENTS

- 1 to 1. lbs fresh asparagus
- 1 tbsp extra virgin olive oil
- 3 cloves garlic, crushed
- 1 tbsp lemon juice
- 1/4 tsp sea salt

DIRECTIONS

1. Trim woody ends from asparagus, cut into 3 inch pieces.
2. Heat olive oil in a large skillet over medium heat, add crushed garlic and saute 30 seconds. Add asparagus and saute for 5 to 6 minutes or until crisp-tender.
3. Remove from heat and add lemon juice and sea salt, stir well and serve immediately.

Serves 2–4