

Asparagus with Lemon Garlic Sauce

I love this easy recipe for green asparagus. It's quick and simple to make, but fancy. Serve it as a side dish with a casual meal, or for a special occasion with pasta or rice.

Tip: Watch your kitchen timer exactly when cooking asparagus. It doesn't take long for these delicious stalks to overcook!



Serves 2

Keep you and baby safe with these food safety tips:

- Always start by washing your hands with warm water and soap
- Always wash produce before you start cooking
- Store leftovers in an airtight container in the refrigerator for up to 3 days. Always reheat before eating.

Serves 2

Ingredients:

- ½ pound green asparagus
- 1 large lemon + ½ teaspoon lemon zest
- 1 clove garlic, minced
- 4 tablespoons vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. Wash your hands with warm soapy water.
2. Wash the asparagus in a colander under cold running water. Also wash the lemon, and use a produce brush if necessary to scrub away any dirt.
3. To prepare the asparagus, cut off 1 inch from the bottom of each stalk. This part of the stalk is usually very dense and hard to chew. Set the asparagus aside.
4. Next, cut away both ends of the lemon and then slice the lemon into 6 thin slices (about ¼ inch thick). Use a zester to zest about ½ teaspoon of the lemon peel.
5. Remove the outer peel of the garlic and mince it by cutting it into very small pieces.
6. In a large sauce pan, add the oil and the asparagus and set the heat to medium.
7. Sprinkle with salt and pepper. Then add the lemon slices.
8. Cover with a lid and cook for 3 minutes.
9. Add the lemon zest and the minced garlic. Lightly mix to combine. Cover with a lid and cook another 1-2 minutes until the asparagus is bright green and the lemon slices are softened.

Enjoy!