

Vegetables with Lemon

3 SERVINGS, 1 CUP EACH



Ingredients:

- 1/2 small head cauliflower, cut into florets
- 2 cups broccoli, cut into florets
- 2 Tbsp. lemon juice
- 1 Tbsp. olive oil
- 1 clove garlic, minced
- 2 tsp. fresh parsley, chopped (optional)

Directions:

1. Steam broccoli and cauliflower until tender (about 10 minutes).
2. In a small saucepan, mix the lemon juice, oil, and garlic, and cook over low heat for 2 or 3 minutes.
3. Put the vegetables in a serving dish. Pour the lemon sauce over the vegetables. Garnish with parsley.

*Per Serving: 44 Calories; 4 grams Total fat; Less than 1 gram Saturated fat; 14 mg Sodium
1 cup = 1 cup vegetables*