

## Asparagus with Garlic and Lemon

Cooking the asparagus in a small amount of water or low sodium broth helps to preserve water soluble nutrients. Combining the garlic and olive oil flavors the oil, but most importantly preserves unstable compounds in the olive oil that are normally destroyed by cooking.



Yield: Serves 2-3

1 clove garlic, crushed

1 tablespoon extra virgin olive oil

$\frac{1}{4}$  cup water or low sodium vegetable or chicken broth

$\frac{1}{2}$  pounds fresh asparagus

1 teaspoon lemon juice

1. Mix garlic with olive oil cover and set aside, out of direct light.
2. Wash the asparagus and remove the tough outer skin of the bottom portion of the stem (not the tips) with a vegetable peeler.
3. Heat the water or broth in a pan or stainless steel skillet large enough to lay the asparagus down in. Once the liquid is hot, add the whole asparagus, cover, and sauté. Stir occasionally and cook, on medium heat, for about 5 minutes until the asparagus is tender-crisp and a bright green color.
4. Arrange asparagus on warm plates and spoon garlic oil over tips. Sprinkle with lemon juice and serve.