

Vegetables with Lemon Sauce

Ingredients:

- 1/2 head cauliflower, cut into florets
- 2 cups broccoli, cut into florets
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 teaspoons fresh parsley, chopped

Equipment:

- Cutting board
- Knife
- Saucepan
- Wooden spoon
- Measuring spoons
- Measuring cups
- Pot with lid

Number of Servings: 8
 Prep Time: 10 minutes
 Total time: 25 minutes

Directions

1. Cut broccoli and cauliflower into florets. Chop parsley.
2. Steam broccoli and cauliflower until tender, about 10 minutes.
3. In small saucepan, mix lemon juice, oil, and garlic, cook on low heat for 2-3 minutes.
4. Place vegetables into a serving dish. Pour the lemon-garlic sauce over the vegetables, garnish with parsley, and serve.



TIP: Serve over whole wheat pasta for a perfect supper meal!

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Nutrition Facts

Serving Size: 3/4 cup			
Servings: 6			
Amount Per Serving		Calories from Fat 18	
Calories 31			
		%Daily Value*	
Total Fat 2g			4%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 9mg			0%
Potassium 113mg			3%
Total Carbohydrate 2g			1%
Dietary Fiber 1g			4%
Protein 1g			2%
Vitamin A 15%	Vitamin C 48%		
Iron 2%	Calcium 2%		

*Percent Daily Values are based on a 2,000 calorie diet.

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The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.