

# Lemon Ginger Asparagus

Recipe makes 1 serving  
Each serving = 1 vegetable

## Ingredients

- 100 grams asparagus
- 1/2 cup water
- 1/2 Tbsp fresh minced ginger root
- 3 cloves minced garlic
- lemon zest
- sea salt & black pepper

## Directions

1. Preheat pan over MEDIUM heat.
2. Snap off woody ends of asparagus spears & discard.
3. Snap spears into 2-3 pieces.
4. Add garlic & ginger to the pan & cook for 2-3 minutes.
5. Add asparagus & water. Bring to a boil for 5 minutes.
6. Remove asparagus and top with lemon rind & pepper.
7. Serve.

