

Herbed Asparagus

Ingredients

- 5 spears asparagus
- ½ cup vegetable, chicken broth, or water
- 2 tablespoons lemon juice
- 1 clove of garlic, crushed and minced
- 1 tablespoon onion, minced
- 1 teaspoon Italian herb mix
- water as needed

Directions

1. Lightly sauté onion, garlic, and herbs in the chicken broth for about one minute.
2. Add the asparagus and cook until tender.
3. Top with herbed sauce (add a little powdered garlic and onion for a thicker sauce).
4. Garnish with parsley and lemon wedges.

Makes 1 or more servings (1 vegetable)
5 grams protein
0 fat
65 calories



PHASE 3 MODIFICATIONS:

Add a splash of white wine. Stir in cold cubes of butter whisking gently to create a butter sauce or omit the lemon juice and stir in ¼ cup cream or half and half.

Add a few capers and top with fresh herbs.