

Grilled Asparagus with Rosemary Lemon Sauce

Makes 1 serving (1 vegetable)

5 grams protein

0 fat

65 calories

Ingredients

- 1½ cups asparagus, (approximately 5 spears)
- Juice of ½ lemon with rind
- 1 tablespoon Bragg's liquid aminos
- 1 clove of garlic, crushed and minced
- ¼ teaspoon rosemary
- Dash of garlic powder
- Dash of onion powder
- Cayenne pepper to taste
- Sea salt & pepper to taste

hCG Diet Tip

Experiment with different varieties of vegetables in the recipes such as Chinese, Napa, and Savoy cabbage or different varieties of tomatoes such as Roma, Heirloom, and grape tomatoes.

Directions

1. Marinate asparagus in lemon, garlic, salt, cayenne pepper, and Bragg's liquid aminos.
2. Steam or grill asparagus spears to desired level of cooking.
3. In a small saucepan place remaining lemon marinade along with lemon rind, ½ cup water, and spices, and cook until pulp starts to come out.
4. You may add a little Stevia if you wish for added sweetness.
5. Reduce liquid by half.
6. Remove lemon rind and pour over grilled asparagus.
7. Garnish with lemon wedges, sea salt and pepper to taste.

