

ASPARAGUS AND RED PEPPERS

INGREDIENTS

- 12 medium asparagus spears
- 2 medium red bell peppers
- 2 cloves garlic
- 4 tbsp lemon / lime juice
- 4 tsp extra virgin olive oil
- 4 tbsp chopped fresh cilantro
- salt/pepper to taste

DIRECTIONS

- Preheat oven to 400 degrees.
- Trim ends off asparagus and cut into bite-sized pieces. Cut red pepper into large cubes.
- Mince garlic. Combine minced garlic, vinegar, and olive oil. Toss asparagus and red pepper with garlic mixture. Season with salt and pepper.
- Bake for 15 minutes or until tender-crisp.



LEMON BROCCOLI AND CAULIFLOWER

INGREDIENTS

- 2 cups fresh broccoli
- 2 cups fresh cauliflower
- 1/4 cup lemon juice (fresh squeezed is best)
- 1 tbsp Dijon mustard / mustard powder
- 2 tbsp extra virgin olive oil

DIRECTIONS

- Cut broccoli and cauliflower into small bite-sized pieces.
- Steam until tender-crisp, approximately 7 to 8 minutes.
- Drain well.
- Lightly beat lemon juice, mustard, and oil.
- Toss well with vegetables. Serve.

