

Vegetables with Lemon

Ingredients:

- 1/2 head cauliflower
- 1 stalk broccoli
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 clove garlic
- 2 teaspoons parsley

Equipment:

- Cutting Board
- Knife
- Measuring Cups
- Measuring Spoons
- Microwave
- Microwave safe dish
- Small sauce pan

Number of Servings: 6
 Prep Time: 30 minutes
 Total time: 30 minutes

Directions

1. Hold broccoli and cauliflower heads upside down on a cutting board, and cut off pieces of broccoli and cauliflower as you turn stalks. Chop stalks and throw away any tough pieces. Add to microwave safe bowl. Cover.
2. Microwave for 10 minutes, until tender.
3. While vegetables are cooking, in small saucepan, mix the lemon juice, oil, and garlic, and cook over low heat for 2-3 minutes
4. Put the vegetables in a serving dish. Pour the lemon sauce over the vegetables and sprinkle parsley on top.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 8	
Amount Per Serving	
Calories 53	Calories from Fat 27
%Daily Value*	
Total Fat 3g	4%
Saturated Fat trace 1g	2%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	13%
Protein 3g	6%
Vitamin A 61%	Vitamin C 169%
Iron 5%	Calcium 5%
*Percent Daily Values are based on a 2,000 calorie diet.	

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.