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

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.

Nutrition Facts

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

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