

## **Vegetables with Lemon**

#### **Ingredients:**

### **Equipment:**

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

2013

- 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.

# Recipes

For more recipes, please visit: www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter www.facebook.com/vafnp www.twitter.com/vafnp

Nutrition Facts Serving Size: 1/2 cup Servings: 8			
Amount Per S	ierving		
Calories 53 Calories f			Fat 27
		%Daily	Value*
Total Fat 3	g		4%
Saturated Fat trace 1g			2%
Cholesterol 0mg			0%
Sodium 30	mg		1%
Total Carbohydrate 6g 2			2%
Dietary Fi	ber 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.



VCEP-5NP

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, genetic information, marital, family, or veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, VPI & SU, VSU, and the U.S.D.A. cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hairston, Administrator, 1890 Extension Program, Virginia State, Petersburg.