

Eat Smart • Move More

Vegetables with Lemon Sauce

Prep Time: 5 minutes

Total Time: 20 minutes



Ingredients

- ½ broccoli stalk, chopped
- ½ cauliflower stalk, chopped
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 2 teaspoons dried parsley

Nutrition Facts

8 servings per container	
Serving size	1 serving (53.94g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars <1g	
Includes g of Added Sugars	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	0%
Iron 0mg	0%
Potassium 154mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

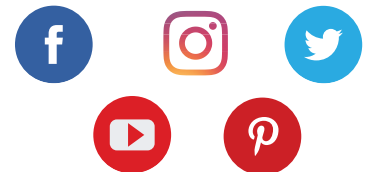
Quick Tips

- ▶ Serve extra broccoli or cauliflower with hummus or low-fat ranch dressing for a tasty snack.
- ▶ You can use frozen cauliflower and broccoli in place of fresh.
- ▶ Use this sauce on any of your favorite vegetables.

Directions

- Steam broccoli and cauliflower until tender.
- In a saucepan, mix lemon juice, oil, and garlic. Cook on low heat for 2-3 minutes.
- Pour the lemon-garlic sauce over the vegetables, sprinkle with parsley, and stir gently to coat vegetables.

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(Recipe adapted from: <https://www.spoonfulofflavor.com>.)

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