



Asparagus with Miso Lemon Dressing

Prep time: 10 minutes

Serves 2

- 1 bunch asparagus
- ¼ cup water
- 1 garlic clove, minced
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- ½ tablespoon sweet brown rice miso
- 2 tablespoons sliced almonds

1. To prepare asparagus, cut off and discard woody ends and chop remaining stalks into bite-sized pieces.
2. In large skillet over high heat, bring water to boil. Add asparagus and cook 2 minutes or until bright green and just soft. Remove from heat, drain water, and set aside.
3. In small skillet over medium-low heat, saute garlic in olive oil until soft, about 3 minutes. Remove from heat and stir in lemon juice and miso, mixing until miso is dissolved.
4. Pour dressing over asparagus, transfer to serving dish, top with almonds, and serve.



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