

Sautéed Asparagus Spears

Ingredients:

- Asparagus
- Olive Oil
- ½ a Lemon, juiced
- 2 cloves garlic, minced
- Salt
- Parmesan (optional)

Instructions:

1. Break the hard ends off the asparagus, then wash the spears.
2. Sauté the garlic in a pan on medium with olive oil. Once garlic has browned slightly, add in the asparagus spears, lemon juice and salt.
3. Leave the pan on medium to brown the asparagus.
4. Once brown, turn the heat down to low and cover the pan. Simmer for 5-8 minutes or until asparagus spears are cooked al dente.
5. Optional: Sprinkle with Parmesan and cracked pepper to serve.