

Cardiovascular Healthy Recipe



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Here’s a yummy side dish that is heart healthy and uses lemon juice and herbs for a tangy taste.

Vegetables with a Touch of Lemon

1/2 head small cauliflower, cut into florets
2 C broccoli, cut into florets
2 Tbsp lemon juice
1 Tbsp olive oil
1 clove garlic, minced
2 tsp fresh parsley, chopped

1. Steam broccoli and cauliflower until tender (about 10 minutes).
2. In small saucepan, mix the lemon juice, oil, and garlic, and cook over low heat for 2 or 3 minutes.
3. Put vegetables in serving dish. Pour lemon sauce over them. Garnish with parsley.

Yield: 6 servings
Serving size: 1/2 cup
Each serving provides:
Calories: 22

Total fat: 2 g
Saturated fat: less than 1 g
Cholesterol: 0 mg
Sodium: 7 mg

Total fiber: 1 g
Protein: 1 g
Carbohydrates: 2 g
Potassium: 49 mg

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