

# Herbal Legacy Recipes

## Simple Side-dish of Asparagus with Garlic

*a favorite of Noell Larsen, M.S./M.H.*

### Ingredients:

- 2 dozen spears of fresh asparagus, trimmed
- 3 garlic cloves, minced
- 2 tablespoons of olive oil
- A dash of pepper or favorite spice (mine is cayenne) to taste

### Directions:

Trim the woody ends off of the asparagus stalks, about a half to one inch. Place the asparagus in a medium sized pot with water and steamer and steam till desired texture is achieved. Over a medium heat, in a medium skillet drizzle olive oil into pan and let it warm up for about a minute. Add garlic and lightly sauté until aromatic. Place asparagus onto the serving plate, drizzle garlic and olive oil over the top. Sprinkle on freshly cracked pepper and serve. Enjoy alongside your favorite entree.



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