

LUNCH OR DINNER — SIDE DISH

Steaming Veggies with Parchment Paper

Makes 4 servings · about ½ cup each

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 3 g · Fiber 3 g · Calories 35	

Ingredients

- 1 banded bunch of fresh asparagus
- 1–2 cloves garlic, minced
- Juice from ¼ lemon
- Ground pepper and seasoning to taste

Directions

1. Set the oven to 350°F. Wash the asparagus and trim the fibrous ends.
2. Lay the asparagus on half of a large piece of parchment paper and season.
3. Fold the parchment over and crimp all the edges to make a sealed pouch.
4. Place on a cookie sheet and bake 15–20 minutes, to the desired tenderness.

Note: This parchment method works for almost any vegetable.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 banded bunch of fresh asparagus
- ☐ 1–2 cloves garlic
- ☐ Juice from ¼ lemon

CHECK YOUR PANTRY

- ☐ Black pepper