

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

QUICK AND EASY ASPARAGUS

Loaded with nutrients like folic acid and vitamin C, which help prevent hardening of the arteries, asparagus is also one of the best foods to help our bodies make glutathione, a powerful [antioxidant](#) that we need to protect our blood vessels from oxidative stress and keep our immune systems healthy. To boot, this [top healing veggie](#) is a great source of cardio-protective fiber.

- 1 bunch asparagus, preferably organic
- 1 lemon, sliced in half
- 1 clove [garlic](#), minced
- Pinch garlic salt
- 1 Tbsp extra virgin olive oil, preferably organic

Wash and snap off the asparagus ends; by snapping the spears with your fingers as close to the bottom as possible, you find the natural point at which the tough, fibrous end becomes tender.

Fill a sauté pan with about ½-inch water and add the asparagus spears. Cover pan with a lid and steam the asparagus on medium heat for 5 to 7 minutes, or until “al dente” (i.e. firm but tender enough to bite through easily - the asparagus should still be bright green). While asparagus is cooking, peel and mince garlic.

When asparagus is done, place it on a serving dish, squeeze the juice from 1/2 lemon over it and sprinkle with garlic. Add a pinch of garlic salt and drizzle with olive oil. Serves 2.