

## Asparagus & Artichoke Hearts



### *Ingredients*

Romaine lettuce leaves

1 garlic clove, peeled

1 Tbsp. extra virgin olive oil

1 lemon wedge

1/2 tsp. lemon zest

Lemon pepper seasoning

Steamed asparagus spears

Steamed sliced carrots

One 14-oz. can quartered artichoke hearts in water, drained

Italian parsley

### ***Directions***

Place two leaves of romaine lettuce on a plate and set aside. Using a fork, pierce the garlic clove inside a medium bowl. Add olive oil and whisk well. Squeeze in lemon juice and continuing whisking. Remove and discard garlic. Add lemon zest and sprinkle a little lemon pepper seasoning in oil mixture. Place steamed veggies, artichoke hearts and parsley into lemon-garlic oil and gently toss to coat. Transfer onto plate as pictured.