



Citrusy Asparagus

2 servings

5 minutes

Ingredients

- 1 tbsp Avocado Oil
- 2 cups Asparagus (trimmed, sliced thin on the bias)
- 2 Garlic (cloves, minced)
- 1 tbsp Coconut Aminos
- 1 tbsp Water
- 1/2 Blood Orange (juiced, zested)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	118
Fat	7g
Saturated	1g
Carbs	12g
Fiber	4g
Sugar	7g
Protein	4g
Cholesterol	0mg
Sodium	140mg

Directions

- 1 Heat a skillet over medium-high heat. Once hot, add the oil and then the asparagus. Cook until bright green and still crispy while stirring occasionally, about 2 minutes.
- 2 Lower the heat to medium-low. Add the garlic, coconut aminos and water and toss until the garlic is fragrant, about 30 seconds to 1 minute.
- 3 Remove from the heat and add the orange juice and zest. Stir to combine. Transfer to a plate and top with cilantro. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to about 1 cup of asparagus.

More Flavor: Add a pinch of red pepper flakes or a small chili pepper.

Additional Toppings: Top with toasted sesame seeds.

No Blood Orange: Use a regular orange or grapefruit.