

ASPARAGUS

2- CLOVES GARLIC

GRND PEPPER

FRESH LEMON, (TBL)

2- SCALLIONS

SPRAY BOTTOM OF PAN WITH OLIVE OIL

SPRAY GARLIC SPRAY ON TOP OF VEG.

ADD A DASH OF MERLOTT

SPRINKLE LIGHTLY (ORIGINAL MRS. DASH)

ADD A DROP OF WATER IF IT STARTS TO TAKE ALL THE OLIVE OIL
AND SOUNDS LIKE IS FRYING.

TIP; COOK A BUNCH. USE REMAINDIER ON SALAD (COLD) OR WRAP
AND FREEZE.