



LEMON-GARLIC ASPARAGUS WITH CANNELINI BEANS

COOK LEVEL: Beginner

COOK TIME: 20 minutes

PREP TIME: 10 minutes

SERVINGS: 6

INGREDIENTS

- 1 tablespoon olive oil
- 6 cloves of garlic
- 3-4 sprigs of fresh thyme
- Red pepper flakes
- 1 15-oz can cannellini beans, rinsed
- 1 bunch of thin asparagus, trimmed and cut into 2-inch pieces
- 1 teaspoon organic lemon zest
- Water
- Sea salt and black pepper to taste

SUPPLIES

- Chef's Knife
- Cutting board
- Medium frying pan/skillet
- Can opener
- Wooden spoon
- Microplane or grater
- Citrus Juicer (optional)

DIRECTIONS

1. Heat the oil in a pan over medium heat.
2. Add the thyme and garlic until fragrant, about 1 minute.
3. Add the cannellini beans, stir to combine, and cook over medium heat until they begin to soften, about 10 minutes
4. Add the asparagus and lemon zest, and season with sea salt and black pepper to taste. Taste and adjust flavors as needed
5. Cook the asparagus, stirring occasionally, until cooked through but still bright green, about 4 minutes.
6. Transfer the asparagus and beans to a platter and garnish with lemon

Recipe created by:





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INGREDIENT SUBSTITUTIONS

Ingredient	Substitution
Produce (asparagus, garlic)	Green beans, spinach, broccoli, green peas, onions, shallots, ginger, onion or garlic powder (just 1 or any combination of them)
Pantry and Seasoning Items (cannellini beans)	Chickpeas, navy beans, great northern beans, butter beans
Acid (lemon)	White wine vinegar, white wine, apple cider vinegar
Herbs (rosemary)	Fresh or dried thyme, rosemary, parsley
Fat (extra virgin olive oil)	Coconut oil, butter, avocado oil

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