

# Asparagus/Garlic and Fresh Orange Juice



6 oz of fresh asparagus ( I recommend smaller stalks)

3-4 oz of Olive Oil

2 tablespoons of chopped or minced garlic

½ fresh navel orange

salt and pepper to taste

In a large skillet over a medium high heat add the olive oil and garlic while the skillet is heating.

Place rinsed and dried asparagus stalks in the skillet and stir.

Make sure the olive oil and garlic has coated each stalk. Add salt and pepper to taste. (a pinch or two each should do it.)

Cooking time should be about 6-8 minutes

Squeeze the juice from ½ fresh orange over the asparagus during the last two minutes in the pan. Stir, again so the stalks are coated well with the juice.

The trick to cooking asparagus is cooking it quick enough to have it hot all the way through, but still crisp. None of that limp nasty stuff here.