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Prevent and Protect
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GARLICKY ASPARAGUS

COOKING LIGHT – APRIL 2012

- 1 pound asparagus spears, trimmed**
- 1 tablespoon olive oil**
- 2 garlic cloves, thinly sliced**
- 1/8 teaspoon salt**
- 1/8 teaspoon black pepper**

- **Steam asparagus 4 minutes or until crisp-tender.**
- **While asparagus steams, heat olive oil in a large skillet over medium heat. Add garlic; cook 2 minutes or until fragrant, stirring frequently.**
- **Add asparagus, salt, and pepper, and toss to combine.**