

WEIGHT ★ NO ★ MORESM
DIET CENTER

No one does what we do!

weightnomoredietcenter.com
WeightNoMoreDC

**OVEN-STEAMED ENDIVES WITH
LEMON AND PARSLEY**

Basic Lifestyle

Ingredients

4 medium endives, washed and trimmed
1/2 cup low-sodium chicken broth (1 TBS chicken soup powder mixed with 1/2 cup boiling water)
1 tbs lemon juice, freshly squeezed
2 TSP fresh parsley, finely chopped
pinch salt and pepper to taste
non-stick cooking spray

Instructions

1. Preheat oven to 350°F.
2. Arrange endives in glass baking dish and pour broth and lemon juice on top. Spray with non-stick cooking spray. Cover and bake for about 30 minutes, until fork-tender.
3. Remove from oven and cool. Cut endives into quarters and rearrange in the same dish. Sprinkle with the rest of the ingredients. Broil for a few minutes, until they start to brown.

Portion-Per-Serving Information (Yields 4 servings)

Serving = 1 endive = 1 V