



OVEN-STEAMED ENDIVES w/LEMON & PARSLEY

Basic Lifestyle

INGREDIENTS

4 medium endives, washed and trimmed
1/2 cup low-sodium chicken broth
1 TBS lemon juice, freshly squeezed
2 TSP fresh parsley, finely chopped
Pinch salt and pepper to taste
Non-stick cooking spray

INSTRUCTIONS

—Preheat oven to 350°F.

—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.

—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.

SERVING INFO: (Yields 4 servings): 1 endive = 1 V

See photo of recipe at [Instagram](#) and [Facebook](#).