



**Waistline Wednesday**  
**INAUGURAL LUNCHEON "WINTER VEGETABLE MEDLEY"**

- 1/2 pound fresh asparagus
- 1/2 pound fresh carrots
- 1/2 pound fresh baby Brussels Sprouts
- 2 teaspoons butter
- 2 teaspoons olive oil
- sea salt, to taste
- white pepper, to taste

1. Fill a skillet with 2-inches of water. Cover the skillet & bring the water to a boil.
2. Cut 1-inch off of the bottom of the asparagus. Chop it into 2-inch pieces. Peel the carrots & cut them into 2-inch long sticks, 1/4-inch thick. Place Brussels Sprouts in pot first, cover & steam for 2 minutes. Place carrots in pot next, cover & steam for another minute. Place asparagus in pot, cover & let all of the vegetables steam for 1 more minute. Pour vegetables into a colander to drain all water.
3. Heat butter & olive oil in skillet on medium-high heat. Place all vegetables back into the pan then season with salt & pepper. Stir well then cover for 2 minutes. Serve while vegetables are still crisp.

**servings: 8 / prep time: 15 minutes / cook time: 10 minutes**

