

Diet for a Pain-Free Life

Websites: www.tampamedicalgroup.com/

www.ipainfreediet.com/



simply veggies

Asparagus and Lemon Dip

Directions

In a baking dish, cover and microwave asparagus for 4 minutes (firm to bite). Pour cold water over the asparagus and drain. Add salt and pepper to taste.

To make the dip, whip the following ingredients in a small bowl, chill and serve with asparagus and other favorite veggies.

- 8-ounces fat-free cream cheese, softened
- 6-ounces low-fat vanilla yogurt
- 1 teaspoon grated lemon rind
- $\frac{1}{2}$ lemon (juice - add more to taste)
- 1 tablespoon Splenda

Call Ginny at **TAMPA MEDICAL GROUP** (879-0025 Ext. 2223) for more simply delicious recipes and if you are interested in participating in our original

DIET FOR A PAIN-FREE LIFE.