

# SAUTÉED FIDDLEHEAD FERNS

## INGREDIENTS:

- 3 cups fresh fiddlehead ferns
- 3 tablespoons extra-virgin olive oil
- 1 garlic clove, minced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 tablespoon fresh lemon juice

## DIRECTIONS

1. Bring a large pot of salted water to a boil. Cook fiddlehead ferns in the boiling water until barely tender, 7 to 10 minutes; drain.
2. Heat olive oil in a large skillet over medium-high heat. Stir in the prepared fiddlehead ferns, garlic, and the salt and pepper. Cook and stir until ferns are tinged lightly brown and tender, about 5 minutes. Remove from heat and sprinkle with lemon juice.

<b>Nutrition Facts</b>	
Serving Size (16g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 60
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 0g</b>	
<b>Vitamin A 4%</b>	• <b>Vitamin C 4%</b>
<b>Calcium 0%</b>	• <b>Iron 0%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

