Lemony Asparagus

Ingredients:
• 1 pound asparagus, ends trimmed
• 1 tablespoon olive oil
• 1 tablespoon lemon juice
• 1/8 teaspoon salt
• 1/8 teaspoon pepper
• ¼ cup grated parmesan cheese

Directions
• Wash the asparagus and trim the bottom off of each stem.
• Pour olive oil and lemon juice into a bowl and whisk together. Add asparagus, sprinkle with the salt and pepper and toss to mix.
• Place asparagus in skillet on medium heat and sauté until bright green.
• Sprinkle with cheese and cook for two more minutes.
• Serve hot.

Equipment Needed:
Cutting board
Knife
Fork or whisk
Bowl
Skillet
Wooden spoon
Measuring spoons and cup

Nutrition Facts
Serving Size: 1.5 cups
Recipe makes 4 servings
Calories: 67
Calories from fat: 42

Amount Per Serving %DV
Total Fat 5g 8%
Saturated Fat 1g 7%
Monounsaturated Fat 3g
Trans Fat 0g
Cholesterol 4mg 1%
Sodium 161 mg 7%
Potassium 174 mg 5%
Total Carbohydrate 3g 1%
Dietary Fiber 1g 5%
Protein 7%
Vitamin A 8%
Vitamin C 16%

Asparagus at the farmers market means spring has arrived! Look for white and purple varieties too.

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