



Asparagus with Lemon

Serving Size: 1 cup

Yield: 4 Servings

Ingredients:

2 lbs. asparagus, tough ends trimmed

2 tsp. olive oil

3 T. lemon juice

Salt and black pepper, to taste



Directions:

1. In a large saucepan, place asparagus in 1 inch boiling water.
2. Cover and steam for 5 minutes or until asparagus is bright green and tender.
3. Rinse asparagus under cold water and drain.
4. In a small bowl, combine oil and lemon juice. Pour over asparagus.
5. Season with salt and pepper, to taste.

Nutrition Information per Serving: Calories 70, Total Fat 3 g (4% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 0 mg (0% DV), Total Carbohydrate 9 g (3% DV), Dietary Fiber 5 g (20% DV), Sugars 4 g, Protein 5 g, Vitamin A 35%, Vitamin C 25%, Calcium 6%, Iron 25%.

Source: University of Nebraska-Lincoln Extension



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