



Asparagus with Gremolata Sauce

Yield: 6 servings

Ingredients:

- 2 pounds asparagus (washed and trimmed)
- 2 tablespoons margarine (or butter)
- 2 teaspoons lemon peel (grated)
- 1 garlic clove (large, minced)
- 2 tablespoons lemon juice (fresh)



Directions:

1. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
2. Drain: rinse with cold water to cool quickly, and drain again.
3. Pat dry; wrap in a paper towel and then plastic wrap and refrigerate.
4. Melt margarine in a heavy large skillet over medium-high heat.
5. Add lemon peel and garlic and stir for 30 seconds.
6. Add asparagus and toss to coat.
7. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes.
8. Transfer to platter. Sprinkle with parsley and serve.

Nutrition Facts: Calories, 70; Calories from fat, 35; Total fat, 4g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 10mg; Sodium, 35mg; Total Carbohydrate, 6g; Fiber, 3g; Protein, 13 g; Vit. A, 25%; Vit. C, 20%; Calcium, 4%; Iron, 20%.

Source: Cornell University Cooperative Extension, Eat Smart New York!

