

Asparagus with Gremolata Sauce

Ingredients:

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

Preparation:

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 in plastic wrap. Refrigerate.
4. Start gremolata sauce by melting 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.

Yields 6 servings

Nutritional Information Per Serving: 70 calories, 3g protein, 6g carbohydrate (3g fiber), 4g fat, 0mg cholesterol, 55mg sodium

Source: U.S. Department of Agriculture

