



Lemon Garlic Asparagus

<u>U.S.</u>		<u>Metric</u>
1 bunch	Asparagus, washed, trimmed	1 bunch
1 Tbsp	Olive Oil	15 mL
2 cloves	Garlic, minced	2 cloves
2 Tbsp	Lemon Juice	30 mL
1/2 tsp	Lemon Zest	1 g
1/4 tsp	Salt, Kosher	1.5 g
to taste	Black Pepper, ground	to taste

Preparation:

1. Gather all ingredients and equipment.
2. Slice the asparagus in half on the bias, set aside.
3. Place a large skillet over medium high heat. Add the olive oil to the pan and swirl the pan to coat the bottom with olive oil.
4. Add asparagus and sauté for 3-4 minutes until tender, add the garlic to the pan and stir occasionally to prevent it from burning. Add the lemon juice, zest, salt and pepper and toss everything together, continue to cook for 30 seconds, remove from the heat and serve!

Nutrition Facts

Serving size	8 pieces
Servings	4
Calories	53
Calories from Fat	25
Total Fat	3 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	0 mg
Sodium	100 mg
Carbohydrates	7 g
Dietary Fiber	3 g
Sugars	3 g
Protein	3 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	6 %
Iron	7 %
Phosphorus	0 mg
