

Asparagus with Gremolata Sauce

2 pounds asparagus, washed and trimmed
2 tablespoons (1/4 stick) margarine or butter
2 teaspoons grated lemon peel
1 large garlic clove, minced
2 tablespoons fresh lemon juice
1 tablespoon chopped fresh Italian parsley

Cook asparagus in a large pot of boiling water until tender, about 4 minutes. Drain; rinse with cold water to cool quickly, and drain again. (can be made 1 day ahead.) Pat dry; wrap in a paper towel, and then plastic wrap and refrigerate.

Melt margarine in a heavy large skillet over medium-high heat. Add lemon peel and garlic and stir 30 seconds. Add asparagus and toss to coat. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes. Transfer to platter. Sprinkle with parsley and serve.

Nutrition Facts

Serving Size 4oz.

Calories 70, Calories from Fat 35, Total Fat 4g, Saturated Fat 0.5g,
Cholesterol 0mg, Sodium 75mg, Total Carbohydrate 7g,
Dietary Fiber 3g, Sugars 0g, Protein 4g



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