

## Lemony Asparagus

Number of servings: 4

Preparation time: 10 minutes

Total time: 20 minutes

### Ingredients:

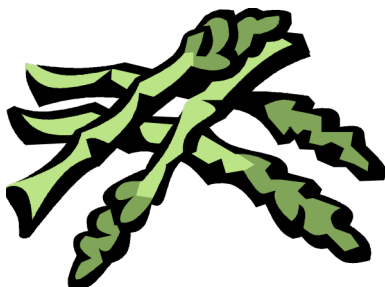
- 1 pound asparagus, ends trimmed
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup grated parmesan cheese

### Equipment Needed:

Cutting board  
Knife  
Fork or whisk  
Bowl  
Skillet  
Wooden spoon  
Measuring spoons and cup

### Directions

- Wash the asparagus and trim the bottom off of each stem.
- Pour olive oil and lemon juice into a bowl and whisk together. Add asparagus, sprinkle with the salt and pepper and toss to mix.
- Place asparagus in skillet on medium heat and sauté until bright green.
- Sprinkle with cheese and cook for two more minutes.
- Serve hot.



**Asparagus at the farmers market means spring has arrived! Look for white and purple varieties too.**

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### Nutrition Facts

Serving Size: 1.5 cups

Recipe makes 4 servings

**Calories: 67**

Calories from fat: 42

**Amount Per Serving**

	%DV
Total Fat 5g	8%
Saturated Fat 1g	7%
Monounsaturated Fat 3g	
Trans Fat 0g	
<b>Cholesterol</b> 4mg	1%
<b>Sodium</b> 161 mg	7%
<b>Potassium</b> 174 mg	5%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 1g	5%
Protein	7%
Vitamin A	8%
Vitamin C	16%

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.