

Eat Smart • Move More

Espárragos Salteados con Lima y Tahini

Tiempo de Preparación: 5 minutos

Tiempo Total: 20 minutos



Ingredientes

- 3 cucharadas de jugo de lima
- 2 cucharadas de tahini
- ½ cucharadita de ajo, picado
- 3 cucharadas de aceite de oliva
- 1 libra de espárragos, recortados y picados

Nutrition Facts

4 servings per container		
Serving size		1 serving
		(142.93g)
Amount per serving		
Calories		160
		% Daily Value*
Total Fat	14g	18%
Saturated Fat	2g	10%
<i>Trans Fat</i>		
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	7g	3%
Dietary Fiber	3g	11%
Total Sugars	2g	
Includes g of Added Sugars		
Protein	4g	
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	3mg	15%
Potassium	279mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ Utilice sobras de tahini para hacer hummus.
- ▶ Esta salsa de lima y tahini puede ser también un gran aderezo para ensaladas.
- ▶ Almacene los espárragos parados en un frasco con agua en el refrigerador hasta por 3 días antes de utilizarlos.

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Preparación

- En un bol pequeño, batir el jugo de lima, el tahini, el ajo y las 2 cucharadas de aceite de oliva.
- Calentar la cucharada de aceite de oliva en una sartén sobre el fuego medio-alto. Agregar los espárragos y saltear hasta que comiencen a ablandarse y apenas se doren, aproximadamente 4-6 minutos.
- Colocar la mezcla de tahini sobre los espárragos y servir.

(Receta adaptada de <https://thelemonbowl.com/grilled-asparagus-with-tahini-lemon-sauce/>)

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