

# Asparagus with Gremolata

Need to mix up your side dish routine? Make use of one of spring's in-season vegetables, asparagus, with this quick and delicious recipe.

2 pounds asparagus, washed and drained

2 tbsp. margarine or butter

2 tsp. lemon peel, grated

1 large garlic clove, minced

2 tbsp. lemon juice

Cook asparagus in a large pot of boiling water until tender (about 4 minutes). Drain. Rinse with cold water to cool quickly, then drain again. Pat dry. Wrap in a paper towel and then plastic wrap; refrigerate. Melt margarine in a heavy large skillet over medium-high heat. Add lemon peel and garlic and stir for 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.

Yield: 6 servings. Each serving provides 70 calories, 4g total fat, 0mg cholesterol, 35mg sodium, 3g dietary fiber, 3g protein and 3g sugar.

Source: <http://recipefinder.nal.usda.gov/>