

Asparagus with Lemon Sauce

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cId=7&rId=6>

Ingredients

- 20 medium asparagus spears, rinsed and trimmed
- 1 fresh lemon, rinsed
- 2 Tbsp. reduced-fat mayonnaise
- 1 Tbsp. dried parsley
- 1/8 tsp. ground black pepper
- 1/16 tsp. salt

Instructions

1. Place 1 inch of water in a 4 quart pot with a lid. Place a steamer basket inside the pot, add asparagus. Cover and bring to a boil over high heat. Reduce heat to medium. Cook 5-10 minutes, until asparagus is easily pierced with a sharp knife. Do not overcook.
2. While the asparagus cooks, grate the lemon zest into a small bowl. Cut the lemon in half and squeeze the juice into the bowl. Use the back of a spoon to press out extra juice and remove pits. Add mayonnaise, parsley, pepper, and salt. Stir well. Set aside.
3. When the asparagus is tender, remove the pot from the heat. Place asparagus spears in a serving bowl. Drizzle the lemon sauce evenly over the asparagus (about 1½ teaspoons per portion) and serve.

Makes 4 servings. Yield: about 5 spears each.

Nutrition information per serving.

Calories: 39	Dietary Fiber: 2 g
Total Fat: 0 g	Sodium: 107 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol: 0 g	Carbohydrates: 7 g