

Asparagus with Parmesan

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2015/her-558-asparagus-parmesan.html>

Ingredients

1 pound medium sized asparagus, rinsed and trimmed
2 tsp. canola oil
4 tsp. unbleached all-purpose flour
3/4 cup fat free milk
1/4 tsp. onion powder
Salt and pepper, to taste
2 Tbsp. Parmesan cheese

Directions

1. Steam the asparagus until just tender, about 3 to 5 minutes.
2. Meanwhile, in a cold saucepan, blend canola oil with flour using a wire whisk. Slowly whisk in the milk and heat the sauce over medium heat, stirring constantly. Add onion powder, salt and pepper to taste.
3. Continue to stir until thickened, about 5 to 10 minutes. Stir in the cheese. Pour hot cheese sauce over asparagus and serve immediately.

Makes 4 servings.

Nutritional Information

Calories: 79	Dietary Fiber: 3 g
Total Fat: 3 g	Sodium: 60 mg
Saturated Fat: <1 g	Protein: 5 g
Cholesterol:	Carbohydrates: 9 g

