

ROASTED ASPARAGUS WITH PARMESAN CHEESE SAUCE

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?news_iv_ctrl=1121&abbr=dc_rc_&page=NewsArticle&id=9092

Ingredients

- 1 pound medium sized asparagus, rinsed and trimmed
- 2 tsp. canola oil
- 4 tsp. unbleached all-purpose flour
- ¾ cup fat free milk
- ¼ tsp. onion powder
- Salt and pepper, to taste
- 2 Tbsp. Parmesan cheese

Instructions

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

Makes 4 servings

Nutritional information per serving (4 servings)

| | |
|---------------|-------|
| Calories | 87 |
| Total fat | 3 g |
| Saturated fat | < 1 g |
| Sodium | 62 mg |
| Protein | 5 g |
| Carbohydrates | 9 g |
| Dietary fiber | 3 g |

