

# Asparagus with Gremolata Sauce

This simple asparagus recipe features parsley, garlic and lemon!

Prep/cook time: 30 minutes

Makes: 6 servings

Source: What's Cooking? USDA Mixing Bowl

## Ingredients

- 2 cups asparagus (washed and trimmed)
- 1 garlic large clove (minced)
- 2 teaspoons lemon (grated)
- 2 tablespoons lemon juice (fresh)
- 2 tablespoons margarine (or butter)
- 2 Tablespoons chopped parsley

## Directions

1. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
2. Drain: rinse with cold water to cool quickly, and drain again.
3. Pat dry; wrap in a paper towel and then plastic wrap and refrigerate.
4. Melt margarine in a heavy large skillet over medium-high heat.
5. Add lemon peel and garlic and stir for 30 seconds.
6. Add asparagus and toss to coat.
7. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes.
8. Transfer to platter. Sprinkle with parsley and serve.



Small Changes,  
BIG Difference!



## Nutrition Information

| Serving Size: 6 oz (158 g) |        |
|----------------------------|--------|
| Nutrients                  | Amount |
| Calories:                  | 49 g   |
| Total Fat:                 | 4 g    |
| Saturated Fat:             | 1 g    |
| Cholesterol:               | 0 mg   |
| Sodium:                    | 3 mg   |
| Total Carbohydrates:       | 3 g    |
| Dietary Fiber:             | 2 g    |
| Total Sugars:              | 1 g    |
| Added Sugars               | 0 g    |
| Protein:                   | 2 g    |

## Utensils Needed

- Pot
- Vegetable steamer
- Skillet
- Knife
- Cutting board
- Mixing bowls
- Serving plate

# SHOPPING LIST

Average total cost without oil and seasonings: \$9.66

Average cost/serving: \$1.61

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Asparagus, 1 lb (avg)



Add 1 to Cart  
Parsley, each



Add 1 to Cart  
Garlic, .5 lb (avg)



Add 1 to Cart  
Lemon, each



Add 1 to Cart  
Butter, 8 oz (avg)

## My Cooking Notes

## SAVE TIME, SAVE MONEY

### Produce Tips

- To pick the juiciest lemons, pick one up and gently press to make sure it is soft.

### Storage Tips

- To store uncooked asparagus, trim the bottoms and stand the spears up in a glass or jar with about an inch of water. Cover with a plastic bag then refrigerate them for up to 4 days.