

Asparagus with Lemon Sauce

Ingredients

- 20 medium asparagus spears
- 1 fresh lemon
- 2 Tbsp mayonnaise, fat-free
- 1 Tbsp dried parsley
- $\frac{1}{8}$ tsp Fresh cracked pepper
- Pinch of salt

Directions

1. Rinse and trim asparagus using bending method.
2. Place 1-inch of water in a 4-quart sauce pan with lid. Place a steamer basket inside pot and add asparagus. Cover and bring to a boil over high heat.
3. Reduce to medium heat and cook for an additional 5 minutes or until asparagus is easily pierced with a sharp knife.
4. While asparagus cooks, grate lemon zest into a small bowl. Cut the lemon in half and squeeze the juice in to the bowl. Use the back of a spoon to press out extra juice and remove pits. Add mayonnaise, parsley, pepper, and salt. Stir well and set aside.
5. When the asparagus is tender, remove from pot. Place asparagus in a serving bowl. Drizzle lemon sauce evenly over the asparagus.

Handling & Storage

Do not wash asparagus before storing. Trim the ends of fresh asparagus and stand them upright in a jar with about an inch of water in the bottom. Cover with a plastic bag and refrigerate for up to two days.

To prepare, bend each spear until it breaks naturally. This will ensure tender spears of asparagus without waste.

Nutritional Information

Calories: 25

Total Fat: 0 g

Saturated Fat: 0.0 g

Cholesterol: 0 mg

Sodium: 100 mg

Total Carbohydrates: 5.0 g

Dietary Fiber: 2.0 g

Protein: 2.0 g

Serves: 4