

Asparagus with lemon and pistachios
(*NutritionAction*, March 2014)



Total time to prepare: 10 minutes

Ingredients:

1 Tbs. extra-virgin olive oil
1 clove garlic, minced
¼ cup chopped pistachios
1 lb. asparagus, trimmed
1 Tbs. fresh lemon juice
freshly ground black pepper
1/8 tsp. kosher salt

Directions:

- In a small sauté pan, heat the oil over medium heat until just hot. Sauté the garlic until it starts to color, about 1 minute.
- Stir in the pistachios and remove from the heat.
- Steam the asparagus until bright green and tender but still crisp, 2-3 minutes. Transfer to a serving dish.
- Stir the lemon juice into the pan with the pistachios. Pour over the asparagus and season with black pepper to taste and up to 1/8 tsp. of salt.

Serves 4.

Nutrition Information:

Per serving—

Calories: 110

Sodium: 60 mg

Total Fat: 7 g

Saturated Fat: 1 g

Carbohydrates: 8 g

Protein: 4 g

Fiber: 3 g