

# Asparagus

## with Gremolata Sauce



Adapted from USDA SNAP-Ed

### Ingredients

|                                       |                                   |
|---------------------------------------|-----------------------------------|
| 2 cups asparagus (washed and trimmed) | 2 teaspoons lemon peel (grated)   |
| 2 tablespoons margarine (or butter)   | 1 garlic clove (large, minced)    |
|                                       | 2 tablespoons lemon juice (fresh) |



### Directions



**Yield:** 6 servings **Serving size:** 6 ounces

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.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!

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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Like some spice? Add some crushed red pepper.
- Limes will also work well instead of lemon.

Second Harvest is an equal opportunity provider.

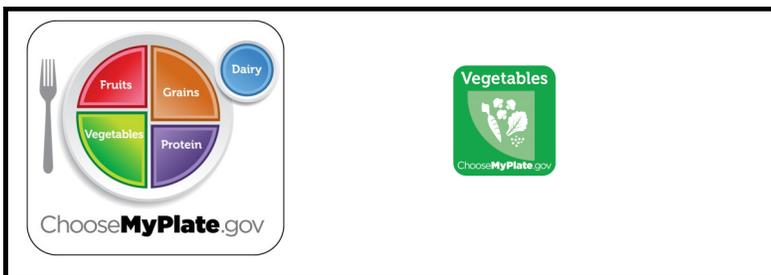
| Nutrition Information             |        |
|-----------------------------------|--------|
| Serving Size: 6 ounces (158g)     |        |
| <a href="#">Show Full Display</a> |        |
| Nutrients                         | Amount |
| Total Calories                    | 49     |
| Total Fat                         | 4 g    |
| Saturated Fat                     | 1 g    |
| Cholesterol                       | 0 mg   |
| Sodium                            | 3 mg   |
| Carbohydrates                     | 3 g    |
| Dietary Fiber                     | 2 g    |
| Total Sugars                      | 1 g    |
| Added Sugars included             | 0 g    |
| Protein                           | 2 g    |
| Vitamin D                         | 0 mcg  |
| Calcium                           | 18     |
| Iron                              | 1      |
| Potassium                         | 144    |
| N/A - data is not available       |        |



# Fast Facts



## Fea-



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