



## Asparagus – Two Ways

### Sauteed Asparagus with Ginger (4 servings)

- 1 pound of asparagus
- 2 teaspoons olive oil
- 2 teaspoons minced fresh ginger
- ¼ teaspoon pepper
- 1 teaspoon of sesame oil
- ½ teaspoon of sugar

#### DIRECTIONS

1. Sauté asparagus in 2 teaspoons hot oil over medium-high heat in large nonstick skillet for 7 minutes. Add ginger, and sauté 1 minute. Stir in sugar and remaining ingredients and cook for 1 minute. Remove from heat and serve.

NUTRITION INFORMATION: 39 Calories; 2 grams Fat; <1-gram Saturated Fat; 0 mg Cholesterol; <1 mg Sodium; 4 grams Carbohydrates; 2 grams Sugar; 2 grams Fiber; 2 grams Protein

### Lemon Garlic and Herb Roasted Asparagus (4 servings)

- 1 pound of asparagus
- 2 cloves of garlic, minced
- 1 Tablespoon of extra virgin olive oil
- 1 Tablespoon of fresh lemon juice
- 1 teaspoon of lemon zest
- 1 Tablespoon of chopped fresh parsley
- 1 Tablespoon of chopped fresh chives
- 1 Tablespoon chopped fresh rosemary
- 1 tsp chopped fresh thyme
- 1/8 tsp ground pepper

#### DIRECTIONS

1. Preheat the oven to 400 degrees Fahrenheit. Spray a baking sheet with olive oil or non-stick cooking spray. Arrange asparagus in a single layer on the baking sheet. In a small bowl, stir together the garlic, olive oil, lemon juice and lemon zest. Stir in the parsley, chives, rosemary, thyme and pepper. Pour the dressing over the asparagus. Bake for 10 minutes, or until the asparagus is tender. Use a spatula to transfer it to a serving platter and serve.

NUTRITION INFORMATION: 62 Calories; 4 grams Fat; <1-gram Saturated Fat; 0 mg Cholesterol; 1 mg Sodium; 6 grams Carbohydrates; 3 grams Sugar; 3 grams Fiber; 2 grams Protein