

Pan Steamed Asparagus with Herbs



Michigan Restaurant & Lodging Association
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Ingredients

- 1 ½ lb. asparagus, washed and trimmed.
- 3 tbsp of butter
- 2 tbsp of lemon juice
- ½ tsp lemon zest
- 1 tbsp snipped chives
- 1 tbsp chopped chervil
- 1 tbsp chopped dill

This is also great with green beans

This works best in a large skillet with a lid. Melt butter over medium-high heat, add the asparagus in one layer and add ½ cup of water. Put the lid on and let the water simmer until the asparagus is tender but still firm. Be carefully not to overcook. Remove asparagus to a warmed serving dish and cover with the pan lid.

With the lid off the pan let most of the water evaporate and then remove from heat. Stir in the lemon, lemon zest and herbs. Pour over asparagus. Garnish with additional herbs.

Nutritional Information	Servings 6
Calories per serving	77
Total Fat	6 g
Saturated Fat	3.7g
Cholesterol	15mg
Sodium	46mg
Total Carbohydrates	5g
Dietary Fiber	2.5g
Protein	2.8g