



Recipes

Other Vegetables

Zesty Par Boiled Asparagus

Prep Time: 10 minutes

Cook Time: 12 minutes

Yield: 4 servings

Ingredients:

- 1 bunch asparagus
- 2 tablespoons olive oil
- Juice of one lemon
- 1 teaspoon lemon zest
- Sea salt and pepper to taste
- 2 tablespoons freshly grated parmesan cheese (optional)

Directions:

1. Wash asparagus and break off bottoms.
2. Cut into 1- to 2-inch pieces, on the diagonal.
3. Fill a medium-size saucepan halfway up with water and bring to a boil.
4. Add the asparagus, reduce heat to a simmer and cook asparagus for 2 minutes.
5. In a medium sized bowl combine oil, lemon juice, lemon zest, salt and pepper.
6. Toss asparagus in sauce.
7. Top with parmesan cheese and serve.