

Sauteed Parmesan Asparagus

3 servings



- 1 pound asparagus, gently rubbed under cold running water, trimmed
 - ½ Tablespoon vegetable oil
 - 1 garlic clove, minced
 - 2 Tablespoons Parmesan cheese, grated
1. Wash hands with soap and water.
 2. In a large skillet, heat oil over medium-high heat. Add asparagus and cook for 3-5 minutes, until lightly toasted but still slightly crunchy. For softer asparagus, continue cooking for 1-2 more minutes.
 3. Top asparagus with Parmesan cheese and heat until melted. Serve immediately.
 4. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1 cup): Calories 170, Total Fat 11g, Saturated Fat 5g, Cholesterol 35mg, Sodium 500mg, Total Carbohydrate 12g, Dietary Fiber 3g, Sugars 4g, includes 0g Added Sugars, Protein 7g, Potassium 6%, Vitamin D 0%, Calcium 15%, Iron 6%.