

Asparagus

with Lemon Zest & Parmesan

Ingredients:

- 1 lb. Asparagus Spears
- 1/2 Lemon Juice
- 2 tbsp. Grated Parmesan
- 1 tbsp. Olive Oil
- Black Pepper (to taste)



Prescribing Produce
TO PREVENT DISEASE
SAN ANTONIO!

Method:

1. Heat a skillet or grill until hot. Add oil and let heat slightly. Add asparagus and cook until cooked through, stirring frequently about 3-4 minutes. The spears should be crisp.
2. Squeeze juice of 1/2 lemon on top of asparagus. Season with pepper. Serve.

Storage:

May be stored in an airtight container. Refrigerate for up to 5 days.



How To Use:

- Grill with Lemon and Garlic
- Cut into salads



Health Benefits:

Eye, and Cell Health; Arterial, Lung & Liver Function; Lowers the risk of some Cancers; Promotes Strong Bones and Teeth

Nutrition Facts

Serving Size			
Servings Per Container 4			
Amount Per Serving			
Calories 70		Calories from Fat 40.5	
% Daily Values*			
Total Fat 4.5g			7%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 5mg			0%
Total Carbohydrate 4g			1%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 4g			8%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g