

Seasoned Fresh Asparagus

Serving size: 5-6 spears

Serves: 4

Ingredients:

- 1 ½ pounds fresh asparagus
- 1 tablespoon margarine -- melted
- 2 teaspoons lemon juice

Directions:

- Break or cut off tough stems. Wash and thoroughly clean remaining portions.
- Arrange spears in steamer pan with tips in one direction. Steam.
- Mix margarine and lemon juice and pour over cooked asparagus.

Exchanges per serving:

1 Vegetable; ½ Fat

Nutrients per serving:

Calories: 45

Calories from fat: 53.4%

Total Fat: 3g

Cholesterol: 0mg

Sodium: 37mg

Total Carbohydrate: 4g

Dietary Fiber: 2g

Protein: 2g