

## **Herb Steamed Asparagus**

Serving size: 5-6 spears

Serves: 4

### **Ingredients:**

1 ½ pounds fresh asparagus  
3 cups water  
1 ½ medium onion, diced  
2 whole cloves garlic  
3 sprigs fresh thyme  
¼ cup white wine  
1 tablespoon margarine, melted  
Juice from one lemon

### **Directions:**

1. Break or cut off tough stems. Wash and thoroughly clean remaining portions.
2. Arrange spears in steamer pan with tips in one direction.
3. In the bottom of your steamer pan, combine 3 cups of water, the onion, garlic, thyme and wine. Bring to a boil.
4. Steam the asparagus until fork tender, approximately 5 - 8 minutes.
5. Mix the margarine and lemon juice and pour over cooked asparagus.

### **Exchanges per serving:**

2 Vegetable; ½ Fat

### **Nutrients per serving:**

Calories: 95

Calories from fat: 27

Total Fat: 3g

Cholesterol: 0mg

Sodium: 38mg

Total Carbohydrate: 13g

Dietary Fiber: 5g

Protein: 5g