



## Asparagus Almondine

**Prep: 5 minutes**

**Cook: 5 minutes • Serves: 8**

- 2 bunches fresh asparagus (about 2 pounds), ends trimmed
- 4 tablespoons unsalted butter
- 1 package (2.25 ounces) sliced almonds (½ cup)
- 1½ tablespoons fresh orange juice
- 1 tablespoon fresh lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 teaspoons lemon and/or orange zest

**1.** Heat large covered saucepot filled with salted water to boiling over high heat. Add asparagus and cook 4 to 5 minutes or just until asparagus is tender; drain.

**2.** In same saucepot, melt butter over medium heat. Add almonds and cook 2 to 3 minutes or until almonds turn golden, stirring occasionally. Stir in juices, salt and pepper. Add asparagus and toss to combine; cook 1 minute. Serve asparagus garnished with zest.

*Approximate nutritional values per serving:*

*126 Calories, 10g Fat (4g Saturated), 16mg Cholesterol, 4mg Sodium, 7g Carbohydrates, 3g Fiber, 4g Protein*