

Lemon-Sesame Asparagus

submitted by crabbycheeks



Per serving: 138 Calories • 5.1g Carbs (2.7g Fiber) • 12.7g Fat • 3g Protein

Ingredients

Ingredients scaled to: 6 serving

- 1 dash **Pepper** (0.10 grams)
- 1 dash **Salt** (0.40 grams)
- 1 tbsp **Parsley** (3.8 grams)
- 3 tbsp **Sesame seeds** (45 grams)
- 1 lb **Asparagus** (453 grams)
- 1/4 cup **Olive oil** (54 grams)
- 1 tbsp **Lemon juice** (15 grams)

Directions

Directions are based on the original recipe of 6 servings

1. Trim asparagus ends.
2. Place the asparagus in a large pot filled with water 1 inch deep. Bring to a boil, and cook until tender, but still bright green. This will take about 5 minutes, or longer if your asparagus spears are thick. Drain and place on a serving dish.
3. Meanwhile, heat the oil in a skillet over medium heat. Stir in the sesame seeds, and cook, stirring frequently, until they are golden brown and toasted, about 2 minutes. Stir in the lemon juice and parsley; season to taste with salt and pepper.
4. To serve, pour sauce over the cooked asparagus.