

Asparagus Almondine



Greater Cleveland
Food Bank

MAKES: 4 servings

TIME: 30 minutes



Ancient Asparagus was

popular in ancient Egypt. It provides vitamin K, used in bone formation and blood clotting.

Serve with fish or pork for protein, and potatoes or rice for complex carbohydrates.

You can also roast or broil in oven.

Ingredients

- 1 Tbsp cooking oil (like olive oil)
- 1 pound asparagus, ends trimmed
- ¼ C almonds, toasted
- 1 lemon, zested and juiced
- Salt, pepper and nutmeg to taste

Directions

1. Heat oil in pan over medium heat.
2. Cook asparagus until tender (~15 min).
3. Add lemon and season to taste.
4. Toss with almonds, then serve.

Adapted from: EgyptToday.com