



# Simple Sauteed Asparagus

4 servings

## INGREDIENTS

- 1 pound fresh asparagus
- 1 Tbs olive oil
- 1 lemon, wedged
- salt and pepper, to taste

## DIRECTIONS

1. Trim asparagus by removing the woody end. To remove the woody end, cut off an inch from the base of each stalk, then using a vegetable peeler, peel off the woody exterior of the lower third of the stalk to get to the tender heart.
2. Wash asparagus and pat dry with a clean paper towel. Transfer to plate.
3. Heat a large skillet over medium high heat for a moment before adding olive oil, swirl pan to coat.
4. Add asparagus spears. Reduce heat to medium.
5. Use tongs to turn asparagus frequently until asparagus is tender but still firm. Approximately 3-5 minutes depending on thickness of spears.
6. Remove from heat. Season with salt and pepper.
7. Squeeze lemon wedges over asparagus before serving.



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