

# Chilled Lemon Asparagus with Pecans

## Ingredients

- 2 pounds asparagus
- 2 Tbsp. pecans, chopped
- 1 tsp. grated lemon rind
- 2 Tbsp. olive oil
- 1/4 cup cider vinegar
- 1/4 cup low-sodium soy sauce
- 1 tsp. sugar
- Fresh ground pepper, to taste
- 1 Tbsp. chopped fresh parsley



## Preparation

1. Snap off tough ends of asparagus.
2. Cook with a small amount of water in a skillet for 5 minutes or until tender but crisp.
3. Drain and rinse under cold running water; drain well and place on serving platter.
4. Toast pecans in a 350 degree oven for 5 minutes or until fragrant; set aside.
5. Make salad dressing by combining lemon rind, olive oil, vinegar, soy sauce, sugar, pepper and parsley in a jar. Shake well and pour over asparagus.
6. Garnish with toasted pecans.
7. Cover and chill 1-2 hours.

## Nutrition Facts

Yield 6 servings

Amount Per Serving

**Calories** 101

Calories from fat: 70

**Fat** 8g

Saturated Fat 1g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 357mg

**Carbohydrate** 6g

Dietary Fiber 2g

**Sugar** 3g

**Protein** 3g

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