

Lemon Asparagus with Apples and Onions

Amy Tackett, RDN

A way to get a fruit and vegetables in one go! This spin on traditional sautéed asparagus give variety and flavor that you are sure to love.

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Yield: 2 servings

Ingredients:

- 1 Tbl olive oil
- ½ large onion, diced
- 1 medium apple, sliced
- 1 bunch of asparagus
- Salt and pepper to taste
- 1 Tbl sesame seeds
- ½ lemon, juice



Instructions: Place olive oil and onions into a sauté pan over medium-high heat. Cook onions until tender. Add apple, asparagus, salt and pepper to cook for 10 minutes until apples begin to darken and asparagus becomes tender. Remove from heat and top with lemon juice and sesame seeds before serving.

Nutritional Information per serving:

143 calories (22g carbs, 3g fat, 7g protein)

www.daytonymca.org/nutrition

