

Steamed Asparagus



Makes:

4 servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

3 Qt./2.8 L Perforated Basket

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Recipe:

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Directions:

1. Pour water in sauce pan and bring to a boil over medium heat.
2. Wash asparagus and place in steamer inset. Insert inset into sauce pan over boiling water and cover.
3. Steam asparagus 4 - 5 minutes or until barely tender.
4. Season to taste before serving.

Tips:

- Top asparagus with toasted almonds: Preheat 8" Chef's Gourmet Skillet over medium-low heat. Add 2 ounces (56 g) almonds and toast until lightly browned and fragrant. Sprinkle over asparagus before serving.

Nutritional Information per

▼ Serving

Calories: 45
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 84mg
Total 9g
Carbs:
Dietary Fiber: 5g
Sugar: 4g
Protein: 5g