

# Broiled Asparagus Spears with Lemon

## INGREDIENTS

- 2 medium lemons thinly sliced (about 8 slices each)
- 1 lb medium asparagus spears (about 24)
- Cooking spray
- 2 teaspoon olive oil (extra virgin preferred)
- ¼ teaspoon salt
- ⅛ teaspoon pepper



*Recipe courtesy of American Heart Association*

## Nutrition

### Information:

Calories: 51;  
Total fat: 2.5g;  
Saturated fat: 0.5g;  
Cholesterol: 0mg; Sodium: 145mg; Total carbohydrate: 5g; Dietary fiber: 3g; Protein: 2g.

## DIRECTIONS

1. Preheat the broiler.
2. Line a broiler pan with aluminum foil. Arrange the lemon slices close together in a single layer in the pan. Arrange the asparagus spears in a single layer on the

lemon slices. Lightly spray the asparagus with cooking spray.

3. Broil about 4 inches from the heat for 6 minutes, or until just tender-crisp.
4. Transfer the asparagus to a serving plate.

Drizzle the oil over the asparagus. Sprinkle with the salt and pepper. Drizzle with any accumulated juices from the broiler pan. Place the lemon slices on or around the asparagus.